

BRAIN GAINS:

Unlocking the Secrets to a Sharper Mind



Join us for a comprehensive 6-part virtual series with actionable strategies to prioritize brain health.

Take Charge with knowledge, informed choices, and habits that support your brain through all life stages.

Is this program for you? This series is ideal for anyone eager to understand and prioritize brain health.

Who will benefit from this program?

- An individual wanting to maintain and optimize cognitive function.
- A health professional interested in the latest strategies for brain health and longevity.
- A caregiver looking for ways to support loved ones at different life stages.
- Simply curious about how to safeguard and enhance your brain's potential.

Gain skills and strategies to:

- Enhance mental acuity
- Increase memory retention
- Improve brain resiliency and vitality
- Delay cognitive decline
- Leverage neuroplasticity for learning
- Understand brain complexities

Try Brain Gains, a **self-paced**, four-week program to help you unlock the secrets to a sharper mind.

The program will be available starting Monday June 2nd.

(You will receive an email to remind you to login and start learning!)

Join a live **FAQ wrap-up session on Tuesday, July 1st** from 12:00-1:00pm. Session will be recorded if you cannot attend live.

[Click Here to register.](#)

Or visit <https://employee-wellness.mykajabi.com/offers/VMT543Mw>



HEALTH CARE
AUTHORITY



Questions?

Email us at wellness@phs.org