



# BRAIN HEALTH INITIATIVE

## Be Brain Healthy: Be Brain Powerful! Community for Brain Health

### SCHEDULE-AT-A-GLANCE

Brain Health Basics: Understanding Brain Wellness	Mental Fitness: Strategies to Maintain Cognitive Vitality	<b>Nourish to Flourish: From Fork to Thinking and Feelings</b>	Social Synergy: Understanding the Potential of Connection for Vibrant Brains
Cultivating Resilience: Building a Stronger Brain for Life's Challenges	Flourish from Within: Enhancing Emotional Well-Being for a Brain-Healthy Life	The Active Advantage: Boosting Mood, Cognitive Clarity, and Longevity	Restful Nights, Healthy Minds: Exploring the Sleep-Brain Connection
Fuel Your Future: Energizing Your Overall Health and Brain Fitness	Happiness By Choice: Tools and Techniques for Living a Happy Life	The Healing Power of Nature: Green Space and Blue Space	Brain Health Vital Signs: Your Brain's Report Card



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## BHI BE BRAIN HEALTHY: BE BRAIN POWERFUL!®

For more information, visit [bhibrainhealthybebrainpowerful.com](https://www.bhibrainhealthybebrainpowerful.com)



### NUTRITION: NOURISH TO FLOURISH

#### From Fork to Thinking and Feelings

Register here: <https://www.eventbrite.com/e/nutrition-nourish-to-flourish-tickets-733750015047?aff=oddtcreator>

WHO?

Parents, Caregivers, & Community Members

WHEN?

October 25th  
6:00 pm

WHERE?

Lakewood Ranch Prep Academy  
5500 White Eagle Blvd  
Lower School Multi-Purpose Room

Proudly presented by LWRPA parents Karen & Rich Medford

