

MONTH

NOV

DAY

05

YEAR

1955

AM

PM



DESTINATION TIME

BACK TO THE FUTURE

Your future is what you make it:
Make it a Good One with
Brain Healthy Habits!

Brain Booster Six™

1. Stress Management

1. Health Management

1. Physical Activity

1. Nutrition

1. Lifelong Learning

1. Social Rx

Brain Booster Six™

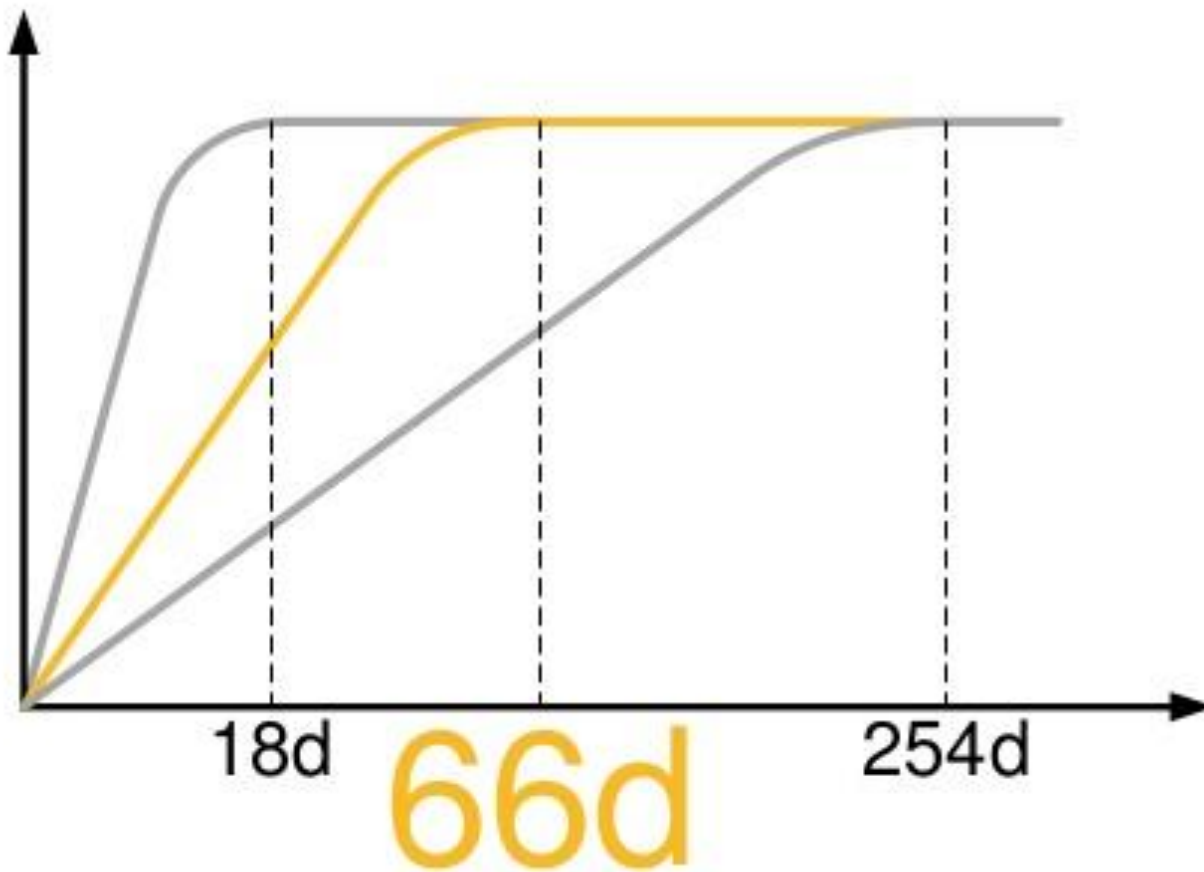


Brain Fit Now!
Your Brain Healthy Lifestyle

A serene sunset scene over a body of water. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The sky is a mix of warm orange and soft yellow, with silhouettes of mountains in the distance. The overall mood is peaceful and contemplative.

CHANGE YOUR
THOUGHTS AND YOU
CHANGE YOUR
WORLD

Norman Vincent Peale



P LALLY, C VAN LAARVELD, H POTTS, J WANDLE; *How habits are formed: modeling habit formation in the real world*; European Journal of Social Psychology, Volume 40 October 2010, John Wiley & Sons Ltd

Stress Management

Tip #1



Health Management

Tip #2



Physical Activity

Tip #3



Power of 10

Nutrition

Tip #4



 **Brain Fit Now!**
Your Brain Healthy Lifestyle

Lifelong Learning

Tip #5

MOOC



Adult Classes

Social Rx

Tip #6



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Your Brain Healthy Lifestyle

Next Step Action Plan

1. What change am I willing to adapt?

1. What might be a barrier?

1. What is a solution?



THE FUTURE IS NOW!

Make it a Good One with
Brain Healthy Habits!



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