



MY HEALTHY BRAIN

Lifestyle and Healthy-Living Skills Group

My Healthy Brain is an **8-week program** that teaches specific skills and strategies for optimizing and preserving brain health with aging.

You will learn about the connections between **lifestyle behaviors**, **physical functioning**, **emotions**, and **brain health**.

Topics include:

- building motivation
- goal setting
- physical activity
- nutrition
- social relationships
- building cognitive reserve
- sleep
- enjoying a healthy life

Location: Currently virtual via Zoom

Dates: 8 weekly sessions, 90 minutes each

Email brainhealthgroups@bwh.harvard.edu for more information

