



## **BE! Brain Enrichment Course**

**BE! Brain Enrichment** is an interactive educational experience for adults with normal age-related memory changes. Research shows that continued participation in mentally stimulating activities throughout the lifespan can help slow cognitive decline and has the potential to reduce the risk of developing Alzheimer's disease. In **eight, one-hour interactive sessions** participants:

- learn about the brain's processes of attention, working memory, long-term memory, reasoning, and problem-solving
- participate in mental exercises to engage and stimulate the brain
- learn about lifestyle practices for maintaining brain health
- practice strategies for improving thinking and memory

One goal of this course is for participants' learning to transfer to tasks of daily living such as attention, word-finding, remembering names, and planning.

### **Comments from participants:**

"Linda Sasser's course on brain enrichment has been a fascinating opportunity to learn more about this amazing part of me. It provides exercises and techniques to help sharpen my cognitive and memory skills --and have fun in the process! One of my goals is to be a life-long learner, so keeping my brain healthy and mentally fit is a priority. My only regret is that the hour passes much too quickly!"

- Lenore B.

"If you're looking for ways to help your brain help you, join **BE! Brain Enrichment Course** for effective, known ways and resources to enhance your brain in a group setting that's supportive, helpful, and fun!" - Dr. Glenn H.

"Attending this class has been enjoyable and helpful. We have participated in the suggested mental exercises and have found them very stimulating. In applying what we have learned we are sure it will affect the quality of living we experience." - Esther B.

### **About the Author**



Linda Sasser, who holds a Ph.D. in educational psychology, has more than 30 years of experience as a professional speaker, university professor, and workshop facilitator. She has taught extensively on brain health and memory improvement. Dr. Sasser has a reputation as an enthusiastic speaker whose ability to be informative and present practical strategies is balanced by her engaging presentation style which encourages active participation by those in attendance. Through her business, *Brain and Memory Health*, she exercises her passion for educating and motivating people to fully utilize their brain's potential.



Accredited by The Joint Commission



**Register online at <https://lamorinda.helpfulvillage.com/events/1019>**

**OR Call to Register (925) 253-2300 by Wednesday, September 6 (our deadline to order materials)**

**Cost: \$20 for Lamorinda Village members; \$25.00 Non-members**

Classes are held from 10:00 AM – 12:00 PM, Tuesdays September 19 – November 14.

- Hosted at Eldercare Services, 1808 Tice Valley Blvd, Walnut Creek
- Classes led by one of Eldercare Services capable staff members

### ***Course Outline and Schedule***

***BE #1 – Cognitive Processes and Information Processing Model***

**Tuesday, September 19 – 10:00 AM – 12:00 PM**

***BE #2 – Brain SENSE and Attention***

**Tuesday, September 26 – 10:00 AM – 12:00 PM**

***BE #3 – Mindfulness, Speed of Processing, and Fluency***

**Tuesday, October 3 – 10:00 AM – 12:00 PM**

***BE #4 – Short-term and Working Memory***

**Tuesday, October 10 – 10:00 AM – 12:00 PM**

***BE #5 – Forgetting, Aging, and Remembering***

**Tuesday, October 17 – 10:00 AM – 12:00 PM**

***BE #6 – Mnemonics and Strategies for Remembering Names***

**Tuesday, October 24 – 10:00 AM – 12:00 PM**

***BE #7 – Strategies for Everyday and Prospective Memory Tasks***

**Tuesday, October 31 – 10:00 AM – 12:00 PM**

***BE #10 – Creative Thinking and Course Review***

**Tuesday, November 7 – 10:00 AM – 12:00 PM**

**Bonus Class with Eldercare Services Founder, Linda Fodrini-Johnson – Brain Remodeling**

**Tuesday, November 14 – 10:00 AM – 12:00 PM**

## REGISTRATION FOR BRAIN ENRICHMENT

NAME _____		DATE _____	
ADDRESS _____		APT. _____	
CITY/STATE _____		ZIP _____	
PHONE _____		EMAIL _____	
LAMORINDA VILLAGE MEMBER? _____		Lamorinda Village email _____	
YES _____ NO _____		Eldercare Services _____	
		Friend _____	

Please send payment by check or credit card payable to Lamorinda Village by September 6 to confirm your space. You will receive an email confirmation upon receipt of your registration.

Check one: \_\_\_\$20 Lamorinda Village member \_\_\_\$25 Non-member

Check one: \_\_\_Visa \_\_\_MasterCard OR Paying by check # \_\_\_\_\_

Name on card \_\_\_\_\_  
 Card number: \_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_  
 Security code: \_\_\_\_\_  
 Billing address: \_\_\_\_\_  
 Billing City, Zip code: \_\_\_\_\_

Mail this form with payment to:  
 Brain Enrichment  
 Lamorinda Village  
 P.O. Box 57, Lafayette, CA 94549

Thank you for your interest in the *BE! Brain Enrichment* program. We look forward to your participation.



Course begins on Tuesday, September 19 at 10:00 AM.  
 Schedule details will be sent to you after registration.