

Registration Form

Mind & Memory — Lifelong Brain Fitness

First Registrant:

Name _____ Birthdate _____

Mailing Address _____

City _____ Zip _____

Male Female County _____

Home Phone _____ Cell Phone _____

email _____

Second Registrant:

Name _____ Birthdate _____

Mailing Address _____

City _____ Zip _____

Male Female County _____

Home Phone _____ Cell Phone _____

email _____

Payment Method:

Cash Check (Payable to NMC)

VISA, MasterCard, Discover No.: _____

CCV (last 3-digits on back of card) _____ Exp. Date _____

Cardholder's Name _____

Code: 5916

- **Phone Registrations** (credit card only) to:
(231) 995-1700 or 800-748-0566, ext. 1700
- **Fax Registrations** (credit card only) to: (231) 995-1708
- **Mail Registrations** to: NMC-EESD, 1701 E. Front Street,
Traverse City, MI 49686-3061
- **Bring to:** Extended Education office, NMC University Center,
Cass Road, T.C. (between 14th St. and S. Airport Rd.)

Mind & Memory

Lifelong Brain Fitness

*A 5-week program
for a healthier brain.*



Tuesdays, October 6-November 3
1-3:45 p.m.
Oleson Center - Room 112



LIFE Academy

NMC | Find it here.

Your mind is a dynamic, constantly reorganizing, unlimited system. Research continues to provide new insights into how the brain works, changes, and develops over a life time. And there's good news—what you do makes a difference! *Mind and Memory* is designed to set you on a path to a healthier brain with weekly guest speakers and engaging activities. As a participant, you will be asked to implement strategies during the week. A variety of materials are provided for at-home use. Program limited to 35 participants.

- 5-weeks of healthy brain practice.
- Learn strategies that can prevent or delay decline.
- Get started: Mental workouts, brain food, social engagement, fitness, restoration.

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1-3:45 p.m.
Oleson Center - Room 112

Coordinator: Carol Evans

Cost: \$135 (\$115 with LIFE Discount)

A limited number of scholarships are available—
for forms and information call
NMC's Extended Education Office at 995-1700.

Feature topics and guest speakers include:

- Oct. 6** *What You Need to Know about Your Brain* — Dr. John Schneider, licensed clinical/medical psychologist in private practice and MSU retired professor. Learn brain basics and begin the program with samplings from each core focus.
- Oct. 13** *Brain Food* — Laura McCain, Registered Dietician and Clinical Dietician at Munson Medical Center. Learn about and enjoy brain healthy food. Brain and physical workouts will also be part of the day.
- Oct. 20** *Fit Body; Fit Brain* — Todd Nienhouse, exercise specialist and Certified Brain Injury Specialist. Along with exploring how and why exercise influences the brain, enjoy a guided workout with Todd. Mental workout and brain snack included.
- Oct. 27** *The Brain Workout* — Dr. Sarah Vonderhoff explores how mental workouts improve memory and brain function. *Now Do It* — Jane Pearsall guides a hands-on exploration to challenge those brain cells. Time included for restoration and brainy food.
- Nov. 3** *Restoration—Quieting the Mind* — Libby Robold, M.A., RYT, is an Integrative Arts Therapist and yoga and meditation teacher. Relaxation, meditation, sleep, spiritual practice—all of these are known to enhance brain function. In addition to exploring meditation, Libby will guide a short yoga “work-out”.

This program is partially underwritten by an NMC Innovation grant.