

BOOST Your BRAIN



With Our Cognitive Fitness Series

Join our engaging, six-part lecture series about protective and preventative health measures you can take to keep your brain sharp and healthy. **This program includes a hearing assessment, cognitive screening and balance screening.** It's ideal for adults 40+, and our program has two options, in-person classes or virtual.

WHEN: Tuesdays, 9–10 a.m. @ NUCASLL 10/15/24 through 11/19/2024
OR
Wednesdays 6–7 p.m. via telehealth 10/16/24 through 11/20/24

\$500 per participant, \$740 per couple (50% discount for NU Faculty and Staff!)

COST:

WHY JOIN?

- Learn how research-backed lifestyle tweaks can optimize your brain health.
- Get evidence-based insights straight from Northwestern researchers and clinicians.
- Enjoy a hands-on learning experience with small and large group reflections. Option to join an in-person or telehealth group.

WHAT YOU'LL GAIN:

You'll come away from this experience with the knowledge to:

- Build brain power.
- Understand healthy sleep and diet habits.
- Understand how the brain helps you hear.
- Stay focused in the digital era.
- Create a brain-boosting environment around you.

**DON'T MISS OUT! SPACE IS LIMITED—
ADVANCED REGISTRATION IS REQUIRED.**

Call 847.491.3165 or email NUCASLL@northwestern.edu to reserve your spot.

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