

BOOST Your BRAIN



With Our Cognitive Fitness Series

Join our engaging, 6-part lecture series about protective and preventative health measures to keep your brain sharp and healthy. Lectures are held virtually for your convenience. This program includes a hearing assessment, cognitive screening and balance screening.

WHEN: Virtually on Wednesdays, 6:00 to 7:00 pm beginning January 22, 2025 through February 26, 2025

COST: \$300 per participant, \$450 per couple
(50% discount for NU Faculty, Staff, and Affiliates!)

TOPICS WE COVER:

- Neuroplasticity** to boost brain power
- Sleep** to enhance optimal cognitive function
- Diet and exercise** to reduce neuroinflammation
- Hearing** to understand cognitive load and improve safety
- Technology** to remain focused and productive in a busy world
- Environment** to incorporate lifestyle modifications that are both cognitively stimulating and socially enriching

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

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

Northwestern
University

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