



# Cognitive Fitness: Boost Your Brain

**Better brain health matters at EVERY age.**

**Build habits today that support how you think and feel for years to come.**

Join our 6-part virtual lecture series on protective and preventative health measures to maintain a sharp and healthy brain. *Includes a complimentary hearing, cognitive, and balance screening at our clinic!*

Led by Professors Leigh Cohen, MS, SLP, and Dr. Liz Meyer, CCC-AuD — assistant clinical professors in the Department of Communication Sciences and Disorders and practicing clinicians at Northwestern's Center for Audiology, Speech, Language, and Learning (NUCASLL).

## 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 interactive learning experience with small group reflections

## What you'll gain:

Come away from this experience with the knowledge to:

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

**When:** October 8, 15, 22, 29 and  
November 5, 12, 2025  
From 6–7 p.m. via Zoom

**Cost:** \$500 per participant  
\$740 per couple

**Northwestern**

SCHOOL OF COMMUNICATION

Center for Audiology, Speech,  
Language, and Learning

Space is limited and advanced  
registration is required. Visit the QR  
code for more information or call

**847-491-3165** or email  
**nucasll@northwestern.edu** to register.

