

BOOST YOUR BRAIN

With Our Cognitive Fitness Series



Join our engaging, five-part lecture series about protective and preventative health measures you can take to keep your brain sharp and healthy.

This virtual program is for adults 40+ and includes an optional in-person hearing assessment, cognitive screening, and balance screening.

WHEN: October–November 2026

Wednesday 10/07, 10/14 and 10/21 @ 10–11 a.m. (Via Zoom)

Wednesday 10/28 @ 8:30 a.m.–12:30 p.m.*

Friday 10/30 @ 8:30 a.m.–4:00 p.m.*

Wednesday 11/04 and 11/11 @ 10–11 a.m. (Via Zoom)

**Optional hearing, balance, and cognition screenings on these dates.*

COST: \$300 per participant, \$450 per couple.

(50% discount for NU Faculty, Staff, Affiliates, and Alumni!)

WHY JOIN?

- Learn how research-backed lifestyle tweaks can optimize your brain health.
- Get evidence-based insights straight from Northwestern researchers and clinicians.
- Enjoy learning experiences with small and large group reflections.
- Come away 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.

Northwestern University

NUCASLL.northwestern.edu