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Strengthen Your Mind Program

Kristin Einberger, Janelle Sellick M.S.

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Meet the growing demand for memory-enhancement programs with this ready-to-use course for boosting brain function! If you have thought about creating a memory enhancement course but don't know where to start - or you need to spice up your existing program - then this is the resource for you. Become an instant expert with all the latest research on brain health and memory at your fingertips - along with fun, interactive games and exercises for participants to use to learn about and practice the techniques.
This all-in-one resource includes complete lesson plans for teaching 12 engaging topics, including:
* How memory works* How stress, exercise, humor, and nutrition affect memory* What strategies increase memory capacity - from interacting with friends to expanding your learning styles.
Here's everything to help participants tune up their memories:* Detailed background information on each class topic* Step-by-step leader instructions* All participant materials including quizzes, worksheets, interactive activities, and homework assignments.
Activity staff in retirement and assisted living communities, and program directors in senior and adult day centers, area agencies on aging, and adult continuing education programs can all make use of this course's robust content.

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