



## Brain Wellness Series: FAQs

**What is the Brain Wellness Series?** The MemAerobics' Brain Wellness Series is an educational course in a distance-learning, live broadcast format. The 12-part series is designed to empower mature minds with a fact-based understanding of the potential of the aging brain. Using current, evidence-based neuroscience research, this series will benefit seniors, their family members and caregivers; giving them tools to meet the challenge of memory issues throughout the second half of life.

**Who conducts the sessions?** Roger Anunsen, a nationally recognized leader in memory and aging issues, presents each session. Since 2001, Roger has been educating and energizing seniors with the latest breakthroughs from neuroscience.

**When and from where are the sessions broadcast?** Wednesday mornings from Portland, Oregon.

**What time is the broadcast?** 10 to 11:30 a.m. Pacific Daylight Time.

**Who may participate?** The course is offered nationally to qualified retirement communities, church groups, and senior centers where groups of 12 to 24 mature minds gather, with an on-site facilitator, for these weekly sessions.

**Has this program been tested?** The 90-minute weekly program follows a 2007 pilot demonstration project broadcast between Oregon Health Sciences University in Portland, Oregon, and the University of Texas Medical Branch-Galveston, Texas.

**What equipment is needed?** The course is transmitted in real-time over a secure Internet URL. Broadband (i.e. cable) capabilities through a computer to either a larger-sized TV screen or through an InFocus-type projector is required for the groups of participants.

**What is the cost?** The 12-part course is offered for \$1,800 / \$150 per session, allowing the per-participant cost to remain under \$10.

**How do I find out more?** For information about the current program, 2008 Summer Brain Camp Series, Fall 2008, or the 2009 series broadcasts, please call: **503-636-7400** or email [raatthinkagain@aol.com](mailto:raatthinkagain@aol.com).