



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? TBD

What time is the broadcast? TBD

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, 2009 series broadcasts, please call: **503-636-7400** or email raatthinkagain@aol.com.