



## MemAerobics' Brain Wellness Series

"Mature Minds" meet cutting-edge neuroscience when the Brain Wellness Series is available via real-time, live broadcasts from Portland, Oregon. This educational course is designed to "jump start" participants' awareness of the undeniable opportunities available when older learners are empowered with a fact-based understanding of the potential of the aging brain. Using current, evidence-based neuroscience research, this series will benefit seniors, family members, and caregivers ready to meet the challenge of memory issues throughout the second half of life.

Roger Anunsen, who has been educating elders about healthy brains since 2001, hosts each session. The 90-minute weekly program follows a 2007 pilot demonstration project that was broadcast from Oregon Health Sciences University in Portland, Oregon, to the University of Texas Medical Branch-Galveston. **The course is now offered nationally with live broadcasts to retirement communities and senior centers where groups of 12 to 24 mature minds gather for weekly sessions with an on-site facilitator.**

For information about upcoming 2009 series broadcasts, please call: **503-636-7400** or e-mail [raathinkagain@aol.com](mailto:raathinkagain@aol.com).

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The following comments were received from the participants at the University of Texas Medical Branch-Galveston at the conclusion of the 2007 pilot:

*Excellent material. Very thought provoking. Looking forward to more. My friends were all interested and would like to take part in the next one. Loved the class!* Mary Van de Walli

*Wow, I learned biology – anatomy. I learned function (memory function) – how it works and how to keep my brain (memory) sharp. The most impressive thing I learned is that the brain in people over 50 years is different (not better or worse). I am in my most "creative" period in brainpower. This MemAerobics course is motivational. Getting rid of the myths in conjunction with the knowledge that I am fully capable (fundamentally) at my age has convinced me that I should and can go forward with my project to write a book on a subject I am studying.* J. Riordan

*It was a very good class and I gained great information. I did learn a lot!!* Emily Smith

*Very interesting and helpful, we both enjoyed it very much. We hope there will be many more.*  
Mr. & Mrs. James Rodriguez

*Learned much about the brain and how it works and what means we can do to keep the brain healthy.*  
Lela Crawford

*I'm so happy that you have given us so many small things that we can do each day to help ourselves. It makes us so much more positive with our aging process.* Mary Tragus