

MemAerobics'

Brain Wellness Series

Course Curriculum

Wednesdays, 10 – 11:30 a.m. (PDT)
Broadcast live from Willamette View, Portland, Oregon

1. Memory Slipping? Get a Grip!
 - Three Cornerstones for a Healthy Brain
 - Building Neuroprotective Barriers
 - Neuroplasticity: Rewiring for Life
 - Neurogenesis: Birth of New Brain Cells
2. NeuroLexicon: Axons to Oligodendrocytes
 - "The Mature Mind"
3. Anatomy of a Neuron
 - Imaging: Exploring the Brain's Mysteries
4. The Hippocampus: Our Memory Maker
5. The Amygdala: Fear, Thrills, Passion & Joy
 - Social Cognition & Mirror Neurons
6. No Stresspassing Beyond this Point
 - Sleep, Naps, Relaxing & Consolidation
7. Oxygen: Take a Deep Breath
8. Antioxidants vs. Radical Oxygen
9. Omega 3 Fats: Insulating Your Thoughts
10. TasteAerobics[©] and ScentAerobics[©]
11. Building a Brain Reserve: "It's Never Too Late"
12. Review of Neuroprotective Strategies