

MemAerobics'

# Brain Wellness Series

Course Curriculum

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<sup>©</sup> and ScentAerobics<sup>©</sup>
11. Building a Brain Reserve: "It's Never Too Late"
12. Review of Neuroprotective Strategies