

ANNOUNCING OUR ANNUAL

# BRAIN AWARENESS WEEK

EVENTS THAT SHARE THE WONDERS OF THE BRAIN & THE IMPACT BRAIN SCIENCE HAS ON OUR EVERYDAY LIVES.

**FREE**

In celebration, we will be offering  
**FREE PROGRAMS** March 15-21, 2021.



Our live, virtual classes are offered 3 times per day at 11 AM EST, 2 PM EST, and 7 PM EST.

## 11 AM EST CLASS



### PHYSICAL ACTIVITY

Join us for 30 minutes to get the blood flow moving to your brain and body.

## 2 PM EST CLASS



### COGNITIVE ENGAGEMENT

Join our 45-60 minute lecture classes with industry experts on a variety of brain wellness topics.

## 7 PM EST CLASS



### PERSONAL WELL-BEING

Unwind from the day during our 30-45 minute social-based classes designed to promote a restful brain.

**OUR BRAIN AWARENESS WEEK PROGRAMMING IS MADE POSSIBLE THANKS TO OUR COLLABORATIVE PARTNERSHIPS**



**LOOKING FOR GROUP PROGRAMMING?  
WE ARE HERE TO SUPPORT YOUR WELLNESS PROGRAM GOALS.**

**TO REGISTER**

**GROUP REGISTRATION**

[www.virtualbrainhealthcenter.com](http://www.virtualbrainhealthcenter.com)

[info@virtualbrainhealthcenter.com](mailto:info@virtualbrainhealthcenter.com)

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**MON MARCH 15, 2021**  **THE CREATIVE BRAIN**

- 11 AM** Chair One Fitness with Alexis Perkins, Founder of Chair One Fitness
- 2 PM** The LifeStory Challenge with Naomi Grossman, Founder of the Life Journey Book
- 7 PM** The Art of Listening with Dr. Krithika Muthukumaran, Ph.D., Mental Health Blog

**TUE MARCH 16, 2021**  **BRAIN HEALTHY LIVING**

- 11 AM** Canned Beans Workout with Rebecca Rigert, Rigert Mind Body Arts
- 2 PM** Healthy Living for the Brain & Body with Cynthia Davenport, M.Ed., Alzheimer's Association
- 7 PM** The Brain Boosting Benefits of Podcasts with Dr. Elliott Jardin, Ph.D., The Brain Health Podcast

**WED MARCH 17, 2021**  **THE MIND-BODY CONNECTION**

- 11 AM** Qigong Basics with Dr. Jim Concotelli, Ph.D., Living Wise and Well
- 2 PM** Level-Up Your Sleep with Tina Cufaro, R.H.N.
- 7 PM** How to better your brain, mental health, and life with neuroplasticity? with Debbie Hampton

**THU MARCH 18, 2021**  **THE MUSICAL BREATH**

- 11 AM** Music, Memory & Movement with Shannon Wallace, CDP
- 2 PM** Music & the Brain with Dr. Catherine, Jordan, Ph.D., TIMBRE Group
- 7 PM** The Superpower of Breath with Parveen Panwar, Mr. Activated

**FRI MARCH 19, 2021**  **ENGAGE YOUR BRAIN**

- 11 AM** Kinetica Movement with Jamison Goodnight, AA, BFA, 200hr-RYT
- 2 PM** Creative Spark by Covia with Jessica McCracken, MPA, Director for Creative Spark
- 7 PM** Who me, a brain research volunteer? with Mike Splaine, Managing Partner, Recruitment Partners LLC

**SAT MARCH 20, 2021**  **YOUR AMAZING BRAIN!**

- 11 AM** Brain Aerobics with Caroline Larimore, B.A.
- 2 PM** Memory Skills for Everyday Life with LeAnne Stuver, M.Ed., BSN
- 7 PM** Kinetica Meditation with Jamison Goodnight, AA, BFA, 200hr-RYT

**SUN MARCH 21, 2021**  **THE RESTFUL MIND**

- 2 PM** The Brain-Changing Power of Conversation with the Virtual Brain Health Center Team  
Join Krystal, LeAnne, Patricia, & Kall with your favorite beverage & snack for a lively chat!
- 7 PM** StrongerU Stretch with Emily Johnson, Founder of StrongerU Senior Fitness