**Brain Health University Virtual Course Promotions**

**Brain Health University Virtual Course** (community newsletter promo)

Did you know that the human brain can create new neural connections throughout life? As long as you keep learning, your brain keeps growing! The ***Brain Health University Virtual Course*** is an eight-unit virtual course created by Masterpiece Living that explores practices that aid brain health and support an independent lifestyle. This virtual course is led by Dr. Rob Winningham (Dr. Rob), leading expert and full Professor and Chair of the Psychology division at Western Oregon University. Dr. Rob will lead you through topics such as ways to maximize memory, how to enhance executive functioning in the brain, the role of nutrition and physical exercise on cognition, and how to stay motivated to enhance and maintain brain health. Each unit will include a 10-22-minute video, followed by an engaging discussion about what you learned and your experiences pertaining to the topic. The ***Brain Health University Virtual Course*** begins [Day, Month] and will be held each [Day] at [Time]. Those interested in attending and/or facilitating a session should contact [Name], your Masterpiece Living Coordinator.

\*\*Be sure to ask your partnership specialist OR check your Masterpiece Matters: monthly need to know news email from Masterpiece Living about the ***live Q&A date(s)with Dr. R*ob.**

**Brain Health Univeristy Virtual Course** (short promo)

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**Brain Health University** (community announcement)

[Your Organization] is pleased to introduce the ***Brain Health University Virtual Course***, an eight-unit virtual course created by Masterpiece Living that explores practices that aid brain health and support and independent lifestyle. This virtual course is led by Dr. Rob Winningham (Dr. Rob), leading expert and full Professor and Chair of the Psychology division at Western Oregon University. Dr. Rob will lead you through topics such as ways to maximize memory, how to enhance executive functioning in the brain, the role of nutrition and physical exercise on cognition, and how to stay motivated to enhance and maintain brain health. Each unit will include a 10-22-minute video, followed by an engaging discussion about what you learned and your experiences pertaining to the topic. The ***Brain Health University Virtual Course*** begins [Day, Month] and will be held each [Day] at [Time]. Those interested in attending and/or facilitating a session should contact [Name], your Masterpiece Living Coordinator.

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