



“Take Charge of Your Brain”

Presented by Kari Berit, speaker, author, consultant

DESCRIPTION You don't have to lose it...Exercise your brain and be smart about your brain health. It is possible to work your mind out like you do your body. Learn the *Aerobics of the Mind* workout and discover how simple exercises can help you grow a stronger mind, think more clearly and forget less. Presenter Kari Berit will show you how to exercise your gray matter and have fun doing it!

Scientists are beginning to understand that even in old age the brain has a remarkable capacity to change and grow and that individuals have some control over how healthy and alert their brains remains as the years go by. The evidence is accumulating that the brain works like a muscle; the harder you use it, the more it grows. Here's a positive step we can take toward enjoying a healthier, more engaged life—at any age.

FORMAT OPTIONS Keynote, half-day workshop. Can also be incorporated into Human Resource Wellness programs

TARGET AUDIENCES All ages interested in improving their brain function

BENEFITS & OBJECTIVES By practicing the mental fitness exercises you will be better equipped to richly participate in life. Anxiety and stress levels decrease; mental capacity increases. More specifically, you will:

- Improve fluid intelligence—the ability to quickly process new information
- Cultivate a more creative brain
- Rely on your whole brain versus left or right brain thinking
- Stimulate your memory so it works for you, not against you
- Communicate ideas succinctly and professionally
- Become more flexible thinkers, open to new ideas

ABOUT KARI BERIT Kari Berit brings her engaging, high-energy presentations to caregivers, older adults, and anyone who will be older tomorrow! Speaking across the country, she wins applause for her sincere, insightful, and fun-loving approach to a serious subject affecting us all. Her experience includes: a M.S. in Continuing Education, a B.A. in Psychology and International Health Care, 13 years as Resident Manager, Dementia Care Director, and Assisted Living Manager in Senior Housing communities, 18 years of teaching and leading programs for older adults. She is the author two books, *The Unexpected Caregiver* and *Attainment's Mental Fitness Instructor's Guide*, and writes a syndicated column, *Acting Your Smarts*. She has been a caregiver to her mother and grandfather.



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