



# BrainStorm

A Workout for the Mind

Created by



Institute of Gerontology 

## Enhance Your Wellness Program

Brain Storm is a **full year of research-based wellness programming** designed for older adults and developed by the Institute of Gerontology at Wayne State University. It addresses multiple facets of brain health, as well as physical, emotional and spiritual health.

Multi-site  
pricing available  
contact:  
Terri Bailey  
at  
313-664-2611



*A Year's Worth of  
Quality Activities*



BrainStorm: Each lesson includes multiple activities for all audience members. Created in 2012, *BrainStorm* is continuously revised based on new research.

#### 12 MONTH PROGRAM

Brain Basics • Brain Neurobics • Memory Loss • Memory Tricks  
Work That Body • Living Social • Food for Thought  
When the Spirit Moves You • Magic of Music • Subduing Stress  
Brain Challenges • Create Something

For program information contact Donna MacDonald at  
313-664-2605 or [donna.macdonald@wayne.edu](mailto:donna.macdonald@wayne.edu)

## Administrator Information

**Benefit to Participants**  
*Enhances quality of life  
through socialization and  
education.*

**Benefits to Provider**  
*Enhances corporate identity*

- *Provides external  
marketing opportunities*
- *Improves employee retention  
and moral*
- *Affiliation with  
Wayne State University*

**WSU  
Institute of Gerontology  
Supplies:**

*Coaching and training by Wayne  
State BrainStorm creators*

- *Support throughout the year*
- *Digital and printed PowerPoint  
presentations of all lessons*
- *Evaluation forms developed  
by research department  
to help measure the impact  
of the program*

**Facility Requirements to  
Run BrainStorm**

*Computer  
Projector or SmartTV  
Screen  
Table & chairs for participants  
Microphone*

**Institute of Gerontology**  
*Promoting Successful Aging in Detroit and Beyond*



[www.iog.wayne.edu](http://www.iog.wayne.edu)