

## Staff Information

**6 CE's**  
Available for  
Certified Activities  
Directors  
Approval Pending



# BrainStorm

A Workout for the Mind

**Full day train-the-trainer program** designed for anyone working with older adults who want to maintain brain health throughout life.

Created at the Institute of Gerontology at Wayne State University, presentations are filled with hands-on activities, humor, social interaction, and take-home materials.

BrainStorm is research based education and activities **appropriate for a variety of residents with differing needs**. They help stimulate the brain to create new neurons and new connections. Materials are easy to use, supplies are affordable, and the lessons are engaging for older adults.

## OFFERED AT 3 LOCATIONS

MAY 27, 2015  
8 am - 4 pm

WSU Oakland  
33737 W. Twelve Mile Rd.  
**Farmington Hills, MI**  
48331

JUNE 23, 2015  
8 am - 4 pm

The Terraces  
2000 32nd St SE  
**Grand Rapids, MI**  
49508

JULY 23, 2015  
8 am - 4 pm

The University Center  
at Gaylord  
80 Livingston Blvd.  
**Gaylord, MI**  
49735

## WHO SHOULD ATTEND

Activity Directors  
Life Enrichment Staff  
CNAs  
Caregivers

**COST: \$450**

## WE PROVIDE

Digital and printed  
PowerPoint presentations  
of all lessons

•  
Training by Wayne State  
BrainStorm creators

•  
Coaching support  
available throughout  
the year

•  
Lunch Provided

**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)

## TO REGISTER ONLINE VISIT

<https://commerce.wayne.edu/iog/continuing-education.html>



## Institute of Gerontology

Promoting Successful Aging in Detroit and Beyond  
[www.iog.wayne.edu](http://www.iog.wayne.edu)

