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 donnamacdonald@wayne.edu

Institute of Gerontology
Promoting Successful Aging in Detroit and Beyond