



MASSACHUSETTS
GENERAL HOSPITAL
HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

**BRAIN
HEALTH
INITIATIVE**



ACADEMY FOR
BRAIN HEALTH
AND PERFORMANCE

BRAIN HEALTH BOOST-A WEEK IN REVIEW

The Week in Review (April 13-18)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

- **Brain Health Boost posts:** brainhealthinitiative.org/brain-health/brain-boosts/
- **Brain Health Boost Facebook events:** www.facebook.com/LakewoodRanch
- **Brain Health Boost Lakewood Ranch sponsored events:** mylwr.com/

Monday

- **Brain Health Boost:** [Brain Health Benefits from Kindness and Compassion](#)
- **Brain Health Boost** for Professional Responders and Caregivers: [Brain Health First Aid: Assessing Your Stress Level](#)
- **Brain Health Boost:** [A message from Dr. Erin Dunn, ScD, Epidemiologist and Director of Research for Brain Health Initiative](#)

Tuesday

- **Brain Health Boost:** [Brain Health Boost: Parents You Are Doing a Great Job](#)
- **Brain Health Boost:** 10 am: Facebook [Mindful Moment](#) sponsored by Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)

Wednesday

- **Brain Health Boost:** [Cognitive and Creative Stimulation Boost Brain Health](#)
- **Lecture for caregivers:** 11am: Harvard T. H. Chan School of Public Health: [Coronavirus, Social Distancing and Acute Insomnia](#), Donn Posner, PhD., Founder and President of Sleepwell Consultants
- **Brain Health Boost:** COVID-19 Webinar 12pm: [Remaining in Control of Our Emotions](#), Dr. Lois Choi-Kain, Director of the Gunderson Institute at McLean Hospital

Thursday

- **Brain Health Boost:** [Part 2 Food for Mood, Food for Thought, and Food for Staying Healthy: Brain Healthy Grocery Shopping](#)
- **Brain Health Boost:** 7 pm Facebook Live, sponsored by Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)

Friday

- **Brain Health Boost:** Music and Film to Boost Brain Health: [Music to move your heart, mind, soul and body](#)
- **Brain Health Boost:** 10 am: Lakewood Ranch Live: Facebook and Zoom Live: [Fit Tip Fridays and Fit Tips for Kids](#) sponsored by Lakewood Ranch featuring Ancho Fitness and Performance owner and trainer Graham Anderson.
- **Friday, April 17, Live session 7:00 pm** - Cultivating Healthy Humor and Hope During Difficult Times. Join Brain Health Initiative faculty, Dr. Heidi Hanna, and special guest celebrity comedian, Yakov Smirnoff, PhD, as they discuss strategies for using healthy humor and hope to cultivate resilience in ourselves and others during difficult times. [Registration Link.](#)



FUTURE EVENTS



- **Global Stress Summit.** Virtual, (live and recorded) free event featuring experts to help you understand and master stress.
 - **Saturday, April 18, live session 12pm** - The Neuroscience of Safety. Join Brain Health Initiative faculty, Dr. Heidi Hanna, and Dr. Stephen Porges to discuss the amazing influence of the vagus nerve. [Registration Link.](#)
 - **Saturday, April 18, live session 6:00 pm** - How to Sleep More Soundly During Stressful Times. [Registration Link.](#) Join Brain Health Initiative faculty, Dr. Heidi Hanna, and Dr. Michael Breus for a discussion on how to get a better sleep when you are feeling stressed or anxious.

ONGOING EVENTS



- [Art Works Anywhere](#), sponsored by Van Wezel
Van Wezel Professional Teaching Artists create simple, how-to videos. New videos are posted to the channel weekly. Whether it's for creative expression, or to support school-based learning online, #ArtworksAnywhere is a perfect way for families to engage and learn together.
- Every Tuesday at 10 am through April
Brain Health Boost: 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- Tuesday 1pm, April 21 and 28
Brain Health Boost: [Create for Care-Art Projects for Kids](#): hosted by Kori Clark Design, sponsored by Lakewood Ranch
- Every Wednesday at 7pm through April
Brain Health Boost: [Ranch Nites: Virtual Happy Hour](#)-Live stream performance by local musicians
- Every Thursday at 7 pm through April
Brain Health Boost: Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- Every Friday at 10 am through April
Brain Health Boost: Facebook live in partnership with Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#) at 10 am

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to promoting brain health and fighting brain illness across the lifespan. Through education, research, innovation and action the collaboration between Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance intends to build brain healthy communities with cultures that increase brain health protective factors and reduce risk factors, improving brain health and optimizing brain performance outcomes for the Florida Gulf Coast region and beyond. Join the movement, lifestyle makes a difference. **To view all Brain Health Boosts** [click here](#).