

BRAIN HEALTH BOOST-A WEEK IN REVIEW

The Week in Review

This week, the Brain Health Initiative began offering **Brain Health Boosts** as a response to COVID-19. These **brain boosts** are designed to increase your brain and physical health while fighting illness.

Now that Florida is under a safer-at-home order, watch for daily **Brain Health Boosts** designed 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 Boosts posts:** brainhealthinitiative.org/brain-health/brain-boosts/
- **Brain Health Boosts Facebook events:** www.facebook.com/LakewoodRanch
- **Brain Health Boosts LWR Live:** mylwr.com/

Monday

- **Brain Health Boost:** [Introduction to Brain Health Boosts](#)
- **Brain Health Boost:** [Managing Healthcare Workers' Stress Associated with the COVID-19 Virus](#)
- **Brain Health Boost:** Facebook event: Brain health and COVID 19 with music videos “All the Little Things” and “What the World Needs Now”

Tuesday

- **Brain Health Boost:** [Social Engagement While Social Distancing](#)
- **Brain Health Boost:** [Facebook event: Mindful Moment](#)

Wednesday

- **Brain Health Boost:** [Talking to Kids About COVID-19](#)
- **Brain Health Boost:** [Facebook event: Social Engagement While Social Distancing, Dr. Shelley Carson](#)

Thursday

- **Brain Health Boost:** [Physical Activity for a Healthy Brain](#)
- **Brain Health Boost:** Facebook event: [Keep Calm and Carry on Community Meditation](#)

Friday

- **Brain Health Boost:** [Music and Film to Boost Brain Health](#)
- **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.