

BRAIN HEALTH BOOST-A WEEK IN REVIEW

The Week in Review (April 6-11)

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.

WHAT YOU CAN DO TODAY TO BOOST BRAIN HEALTH

Listen to [What the World Needs Now Is Love](#), Burt Bacharach,
performed by the Berklee School of Music students

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:** [Boost Your Immunity-Get A Good Night's Sleep](#)
- **Brain Health Boost** for Professional Responders and Caregivers: [Tips for Taking Care of Yourself During COVID-19](#)

Tuesday

- **Brain Health Boost: Brain Health Boost:** [Food for Mood, Food for Thought, and Food for Staying Healthy](#)
- **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:** [Viruses Don't Discriminate: Ways to Promote Tolerance During COVID-19](#)
- **Brain Health Boost:** Lecture for caregivers: How the Discomfort of Grief Can Help Us: Recognizing and Adapting to Loss During the COVID19 Outbreak. [Harvard T. H. Chan School of Public Health: COVID 19 and Mental Health Topical Seminar](#) and Q&A

Thursday

- **Brain Health Boost:** [Building Brain Healthy Resilience in Times of Change](#)
- **Brain Health Boost:** 7 pm Facebook Live, sponsored by Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- **Meaning and Purpose – A COVID-19 Mental Health Survival Guide:** Join Harvard Medical School Affiliate, Dr. Christopher Palmer, director of McLean's Department of Postgraduate and Continuing Education, on Thursday, April 9, 2020 at 4 pm EST as he discusses strategies for giving your day-to-day life more meaning, structure, and purpose to help combat feeling overwhelmed by the coronavirus pandemic. Register [here](#).

Friday

- **Brain Health Boost:** Music and Film to Boost Brain Health: Hope, Goodness and Renewal
- **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.
- **Brain Health Boost:** Listen to a [podcast on the impact of spirituality, meaning and purpose on brain health](#), hosted by the Brain Health Initiative's founding partner, the Academy for Brain Health and Performance, and featuring neurotheologist, Dr. Andrew Newburg.