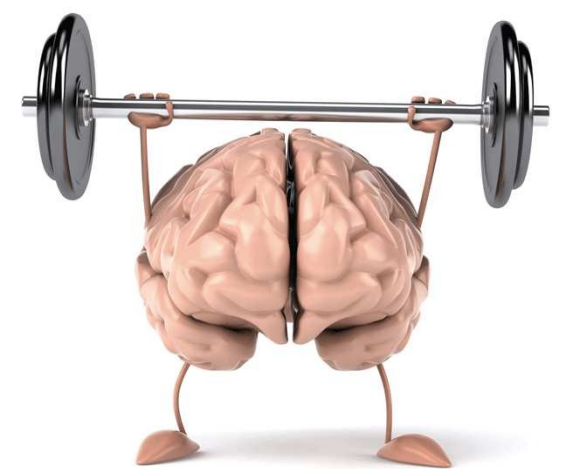


# About Our Brain Health Workshop



## What is Cogniciti's Free Brain Health Workshop?

Cogniciti is a for-profit subsidiary of Baycrest Health Sciences. Baycrest is a 23-acre campus focused on serving the aging population which houses Canada's largest geriatric hospital ([www.baycrest.org](http://www.baycrest.org)), the largest educational training institute for geriatric doctors and nurses in North America, as well as the Rotman Research Institute for the study of human brain functionality. To date, we have visited over 500+ senior and community centers across the United States, Canada, and the United Kingdom to start the conversation on brain health and memory changes. This is provided through our free Brain Health Assessment, which provides older adults who are 50+ a brain health report, as well as tips on how to stay brain healthy! Our Community Engagement Specialists facilitate the workshop and provide support to the older adults taking our assessment.



## What is the Structure of the Workshop?

Our Brain Health Workshop runs for 2 hours, with up to 15 older adults per hour. We provide your center with a promotional poster and two signup sheets, one for each workshop. We require a quiet room that will seat 15 older adults comfortably at tables. To assure our Wi-Fi connection is strong, we request a room with a window. On the day of the workshop, the Community Engagement Specialist will arrive 15-30 minutes before the workshop to set up and greet participants.