

# ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES PRESENTS:

## Brain Health and Wellness Programs

Work with an expert in neuropsychology and neuroscience to learn strategies and techniques for healthy brain functioning



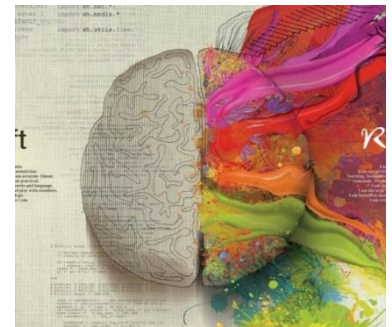
### *Brain Health & Cognitive Wellness* with Jen Niehoff, M.A.

Learn and understand the factors that contribute to brain health and help maintain sharp thinking skills. Information is focused on the role of lifestyle factors such as diet, exercise, and sleep on brain health. The program will also provide strategies and methods to promote cognitive wellness in everyday life.



### *Live Each Day Mindfully* with Dr. Jennifer Medina

Learn mindful living practices to decrease stress, cope with challenges more effectively, promote wellness in body and mind, & stay present in the moment. Everyday practices are provided to cultivate mindfulness into your daily routine.



### *Your Creative Brain* with Dr. Jennifer Medina

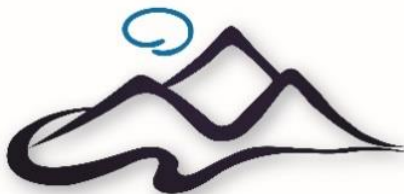
Do you want to cultivate a creative and inspired life? Learn to connect to your creative self by using your mind, body, and brain! Access your creative desires and unique abilities, learn how creative processes occur in the brain, and use a mindful approach to cultivating creativity in your life. You will walk away with practices that can guide your creative processes.

Workshops, seminars, and programs are tailored to you and your organization. Call us to discuss your interests and we'll create a package that works for you!

Contact Dr. Medina: (720) 295-0357  
DrMedina@mountainneuro.com

\$50 per person per hour of content at your location in the Denver Metro area.

For more information about the Rocky Mountain Neurobehavioral Associates, please visit: [www.MountainNeuro.com](http://www.MountainNeuro.com)



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