

In collaboration with Inova, the BrainHealth Project is conducted under the auspices of the Center for BrainHealth at The University of Texas at Dallas, whose cognitive neuroscience experts are at the forefront of brain health discoveries to unlock human potential through improved brain health and performance.

Build Up Your Brain's Resilience – Join The BrainHealth[®] Project

Did you know that your brain changes every single day, based on how you use it? Join a landmark study that will redefine our understanding of brain health and our lifelong ability to impact its fitness.

The BrainHealth Project is recruiting generally healthy people ages 18 and up interested in getting proactive about their brain's health and learning strategies to strengthen its performance.

Take the driver's seat of your own brain's health and performance, with potential for marked, lifelong improvements in productivity, decision-making, problem-solving, creativity, achievement, resilience and well-being.

NOW RECRUITING FOR A RESEARCH STUDY: PARTICIPANTS AGES 18 AND UP

Sign up now at <http://brainhealth.link/Inova>

HOW IT WORKS THE FIRST SIX MONTHS



WEEKS 1 - 2

Online BrainHealth Index
(2 hrs)

Virtual coaching session
(30 min)



WEEKS 3 – 22

Online training modules
(self-paced)

BrainHealth Challenges
(15 min each)



WEEK 12

Virtual coaching session
(30 min)



WEEKS 23 – 24

Online BrainHealth Index
(2 hrs)

Virtual coaching session
(30 min)

This is what the first six months look like. But it doesn't have to stop there! This Project will go on for 10 years; participants can be as active and involved as they want. Participation is entirely online, voluntary and confidential.



Scan this QR code with your phone to see a video explaining how the Project works.

Your participation will not impact the services you receive at this location.