



THE RE-MIND MEMORY COURSE

Brain fitness is becoming *the* progressive movement in mental health, where more and more people are noticing the benefits associated with changing and exercising the way the brain works! During these stressful times, life demands that we are able to think and act quickly and productively. Everyone has the potential to train their brain in order to acquire new information or function optimally. This is all done through learning and habituation. Learning takes place whenever we remember experiences from the past. Each time we encounter a new experience a pattern of electrical activity is created in our brain.



A fit brain that functions optimally, like having a fit body, requires a good workout. When taking part in our Re-Mind memory course, your brain becomes familiar with new concepts, is able to think differently, remembers better and learns valuable techniques with which to use the brain more efficiently.



What most people don't know is that memories are patterns of electrical activity that create connections between the brain cells, called the neurons. When you repeat experiences, you are repeating the patterns of electrical signals until they become familiar. In other words, your brain is recognizing similar events, until they become habitual and occur unconsciously. Knowing this about our

brain, it would be a waste not to exercise it regularly! This means that our brain can get better and we should be able to remember more when we get older.

The Re-Mind memory course focusses on:

- How and why memory loss occurs
- Different types of memory
- How the brain works
- Better concentration
- How to remember names and numbers
- Why the brain chooses to store some information and not other
- Various techniques to improve memory
- How to pay attention effectively
- Repetition of newly learned skills
- Fun games & exercises to practise the newly acquired techniques and knowledge



The Re-Mind classes take place in a group setting, which consists of fun interactive and stimulating games and fact-learning.



The Re-Mind Team is looking forward to helping you to Re-Shape your memory.



For more information phone: 031-2668563 or email: info@eq-advantedge.co.za