

BRAIN HEALTH & RESEARCH INSTITUTE NEWS

Carpe Diem !



Meet Corwin Patis...

A big **WELCOME** to Corwin Patis the newest addition to the BH&RI team. Corwin is a Doctor of Physical Therapy with a background in both neurodegenerative diseases and sports/orthopedics.

As you know, our brains need more and more care as we age. It is a muscle just as the ones in our arms or legs and it responds to exercise the same. When we exercise there are beneficial effects; we have improvements in our endurance, strength, and mobility.

Corwin will be offering evaluations and preparing exercise programs designed around the needs of patients.



Thriving while staying at home...what we are doing to help you! We miss you!

By Mary Kay Ross

I hope that our Newsletter finds you and your family safe and healthy. We at BH&RI realize that we are all in uncharted territory with “shelter in place orders” from our governors and world leaders. We humans are social beings and social isolation is ***“not what the doctor ordered.”***





Attention All Ladies... We are planning a virtual Mocktail party where we will have a panel discussing what women can do to keep a healthy brain in a toxic world! Share your recipes.

Cabin Fever? Feeling lonely and isolated? Join us...

Look for our email about our virtual get together to discuss how we can all thrive during this difficult time. We would love to hear how you and your family are thriving and spending time. are thriving!

Questions ?

Please let us know if there is something that you would like to learn more about or any questions that you have regarding brain health or our program. We will include these questions and answers on our webinars.

We do have to stay home to remain out of harms way but we are planning on having *several "virtual" get togethers* in the near future to help break the isolation and loneliness. Keep your eyes open for an email inviting you to a group webinar discussing how to keep brain and body fitness during this trying time.

I would challenge you to make a list of some of the things that you and your family are doing to keep yourselves healthy and happy during this time. We would love for you to share these with the rest of our group or **tribe** (we are all warriors).

My dream for you and your family is to have us all emerge from this time better than ever and there is no reason that with a team approach we can't be stronger than ever!!

Use your time to:

Create new practices

Get into new routines

Share time with loved ones

Take up a new hobby or craft



