

# JOIN THE TRAIN THE BRAIN CAMPAIGN

## *October 1 – 31, 2019*

Taking care of your brain is just as important as taking care of your body! We can train our brains to minimize the harmful effects of stress and achieve balance in our lives.



## ***LEARN HOW TO IMPROVE YOUR BRAIN HEALTH!***

Visit [www.TraintheBrainPBC.org](http://www.TraintheBrainPBC.org)  
to learn about free events  
happening all month!

Download the **FREE**  
**Train the Brain Wellness Kit**  
for ideas on bringing better  
brain health to your workplace.