



2023

THE IVEY®

IN COLLABORATION WITH

SOUTHMINSTER BRAIN HEALTH WORKSHOPS

LEARN MORE - FREE INFO SESSIONS AT THE IVEY

9:00 - 11:30 am
Your choice of dates

Jan 20th
Jan 27th

Apr 14th
Apr 21st

Sept 8th
Sept 15th

Group sessions are available for groups of 15 or more.
Contact Betsy.Horowitz@theivey.com

12-WEEK WORKSHOP SERIES

WINTER 7-WEEK WORKSHOP
8:30 am -12:30 pm
Fridays
Feb 10 - Mar 24

5-WEEK WELLNESS
9:00 am -12:00 pm
Your choice Mon-Thur
Mar 27 - Apr 27

SPRING 7-WEEK WORKSHOP
8:30 am -12:30 pm
Fridays
Apr 28 - Jun 9

5-WEEK WELLNESS
9:00 am -12:00 pm
Your choice Mon-Thur
Jun 12 - Jul 13

FALL 7-WEEK WORKSHOP
8:30 am -12:30 pm
Fridays
Sep 29 - Nov 10

5-WEEK WELLNESS
9:00 am -12:00 pm
Your choice Mon-Thur
Nov 13 - Dec 14

WHO SHOULD ATTEND:

Anyone who desires to build brain-healthy routines and knowledge base to keep your brain sharp and age well

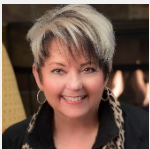
- Age-related cognitive changes
- Family members of loved one with memory loss
- Family members of patients with memory loss
- Mental fogginess
- Social isolation
- Menopause
- Cancer treatment
- Anesthesia
- COVID-19/Long Covid

- Curriculum-based education
- Professional, licensed subject matter experts
- Curated workshop materials
- Interactive skill practice, experiential learning and support sessions
- Brain Gym leveraging measurable technology
- 1:1 customized coaching sessions with wellness coach and fitness specialist
- Group sessions designed to support workshop knowledge into practice at home
- Coordinated and convened under one roof
- Convenient location in the heart of Southpark

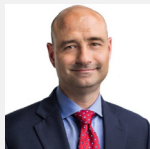
Register NOW:
Call 704-909-2070 or visit
theivey.com/programs/brain-health-workshop



CHAMPION SUPPORTERS



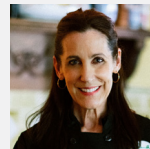
Lynn Ivey
Founder & CEO
The Ivey



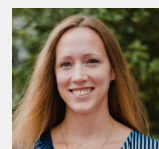
Ben Gilchrist
President & CEO
Southminster



SLEEP
Kristin Daley, Ph.D, DBSM
BASE
Licensed Psychologist
Diplomat Behavior Sleep
Medicine



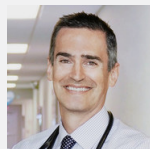
NOURISH
Cheryl Hoover, RPH
Founder, Pharmacy In
Your Kitchen
Registered Pharmacist
Cert. Plant-Based Nutrition,
e-Cornell



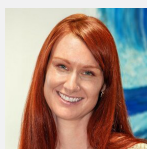
MOVE
Amy Knab, Ph.D
Associate Professor
Dir. Exercise & Sport
Science Lab
Queens University



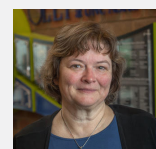
Hayes Woollen, MD, MBA
Primary Care Physician
Co-Founder & General
Partner, Confluence
Healthcare Partners



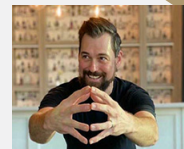
Brian Asbill, MD
Cardiologist
Chief Health Officer, LoveLife!
Medical Director Preventive
Cardiology, Mission Health
Diplomat American College of
Lifestyle Medicine
Cert. Plant-Based Nutrition,
eCornell



MINDFULNESS
Leila Forbes, Ph.D
BASE
Licensed Psychologist
Specialist in
Acceptance &
Mindfulness-based
Practices



DISCOVER
Catherine Frank, Ph.D
Executive Director
Osher Lifelong Learning Institute
at UNC-Asheville



MOVE
FEATURING
Josh Brigham
Adapt Clt
Certified Level 2 Foundation
Training Instructor
Certified Functional Range
Conditioning Instructor

