The brain is extremely dynamic, with an extraordinary capacity for change. Just as you can train your body for maximum performance, so too can you train your brain to unlock its potential.

Participants will attend interactive brain training workshops to enhance cognitive performance and counseling sessions that focus on relational and emotional health.

**HIGH PERFORMANCE COGNITIVE TRAINING**

The Center for BrainHealth’s science-based strategies can enhance brain performance today and improve brain health in the future. More than a decade of clinical trials have demonstrated that the strategies taught in this workshop strengthen the brain’s frontal networks - regions that support attention, planning, judgment and emotional management.

**WHAT IS INVOLVED?**

- **Workshops:** 6-9 hours of training
- **Counseling:** 10-24 sessions
- **Imaging:** 3 MRIs

**WHO**

North Texas Military Veterans, Active Duty Service Members and Spouses

**WHERE**

Center for BrainHealth
2200 West Mockingbird Lane
Dallas, TX 75235

**COMPENSATION**

$30 each imaging session ($90 total)

**LEARN MORE, CONTACT:**

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letty.owuor@utdallas.edu

**LIMITED SPACE AVAILABLE.**

**RESERVE NOW.**

Assessments and the SMART workshops are provided at no cost to participants through a grant from the Texas Health and Human Services Commission’s Texas Veterans + Family Alliance.

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**COUNSELING**

During these private sessions, you, your spouse, or you and your spouse will have the opportunity to discuss and learn about handling stress, communication, relationship skills and emotional well-being.
The Brain Performance Institute™, part of the Center for BrainHealth® at The University of Texas at Dallas, delivers science-based innovations that enhance how you think, work and live.

*The program is based on the Strategic Memory Advanced Reasoning Training (SMART) protocol developed at the Center for BrainHealth. Specific outcomes are not guaranteed. Individuals may use the tools in different ways. Participants must complete all sessions and all assignments and continue to use SMART strategies to achieve maximum benefit.