

BOOST YOUR BRAIN PERFORMANCE

For Military Veterans, Active
Duty Service Members and
Spouses



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.



Strategic Attention:
Improve focus and
prioritize important
information



Integrative Reasoning:
Recall and process
pertinent information to
solve problems



Innovation:
Shift routine thinking into
actions, plans and diverse
perspectives

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.

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:

Letty Owuor, PsyD
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.



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.