

## How we can help your organization

Take advantage of our course options:

1. You take the lead and present the Memory course to your own group. We supply the visuals, course materials and supporting information.
2. Make the training course available to your members on-line. We provide attractive, printable course notes and guide individuals through the steps they need to take to improve their memory skills.
3. Make copies of the course book "*Seven Second Memory: memory techniques that will change your life. Edition 3*" available to your group at reduced rates.
4. All participants are eligible to receive the regular newsletter and training updates from the Brain and Memory Foundation.

## Why brain & memory training?

Brain cells can regrow at any age.

**Improving memory skills, especially after the age of 50, is the best, non-prescription protection against memory loss.**

Alzheimer 's disease (and other dementias) is on the increase world-wide. Creating a buffer of new brain connections is one of the best ways to delay the onset of this tragic condition.

Healthy Memory Company Ltd  
Brain and Memory Foundation

20 Glen Atkinson Street, Auckland  
New Zealand

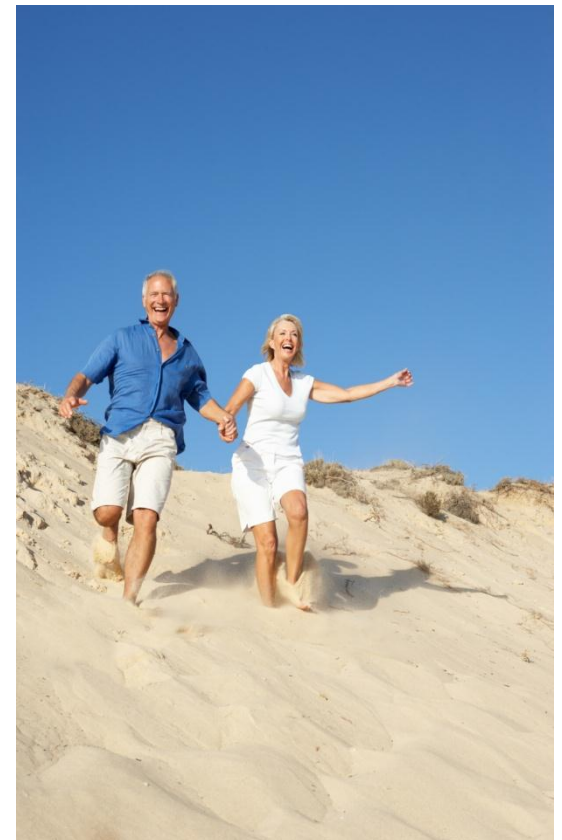
Phone: +64 9 528 7393

Fax: +64 9 528 7393

<http://brainandmemoryfoundation.org>

**Your Memory is Your Life!**

Healthy Memory Company Ltd



## Meet the Directors

The Brain and Memory Foundation was founded in 2007 by Gillian Eadie and Dr. Allison Lamont, whose doctoral research into age-related memory loss has been internationally acclaimed. Allison's research identified 6 key areas of memory that MUST be maintained for independent living in older age. All of our brain and memory resources are scientifically designed to strengthen these 6 skills.



**Allison C. Lamont, PhD** (Psychology), M.A. (First Class Hons). Member NZ Association of Counsellors; Member, NZ Psychological Society; Member Creative Therapies Association of Aotearoa. Dr Lamont has conducted a counselling and psychotherapy practice for 14 years.



**Gillian M. Eadie, M.Ed.**, BA, Dip.Tchg, LTCL, Churchill Millennium Fellow, HFNZCS. Following 20 years as an independent school principal, Gillian is now with the University of Auckland, New Zealand.

## You can trust our resources

The Brain and Memory Foundation courses are being used in a trial being conducted by the Institute of Population Ageing at the **University of Oxford, UK**. They have been thoroughly researched, are easy to read and understand and have been validated by hundreds of participants world-wide.

## Healthy Memory Course

With this package you receive:

- PowerPoint presentation (70 slides) customised with the logo of your organization
- Accompanying materials for group:
  - Memory Check for pre-test
  - templates for activity sheets
  - answer sheets
  - evaluation form
- Supporting script for PowerPoint presenter
- Licence to present course multiple times.

**Investment:** \$499.00USD

## Brain Tune Course

This is an individual, on-line and printable course of six sequential memory training sessions.

Each session contains information about

- the brain and key memory functions
- tips & techniques to improve each of the six most important memory skills
- lifestyle guidance for improved brain health
- practice exercises

**Brain Tune** comes in three levels, each with six sessions:

**Investment per person:**

Newcomer	\$30.00USD
Intermediate	\$30.00USD
Expert	\$30.00USD

## Seven Second Memory

This internationally-recognized handbook is an essential companion to each of the Brain and memory training courses.

*Seven Second Memory: memory techniques that will change your life, Edition 3* gives a comprehensive overview of all that you need to know about improving your brain function, your memory and your lifestyle. It comprises practical tips, explanations, exercises and guidelines. You will know how to remember faces and names and how to ensure that you remember your passwords and shopping list. And even where you put your glasses!

Now in its third edition, copies have sold in the USA, UK, Europe, Australia and New Zealand.

Hard copies and e-books: \$37.00USD

Kindle version now available

<http://www.amazon.com/dp/B005230PXM>

