

Take the Free Brain Gain Workplace Challenge



What is it?

It is a FREE 4-week call to action for your company, team, ERG, or working group to take simple brain-healthy steps that have been shown to make a difference.

Each week, participants will get easy-to-implement tips and strategies with ways to optimize productivity, maintain mental energy, prioritize tasks, and more.



How does it work?

Once registered, your company or group will choose a "Brain Gain Challenge Lead" to receive the easy-to-use challenge kit and lead the charge. This versatile kit includes images and content that are ready to use in whatever way your company prefers to communicate. Weekly surveys will gauge the impact of our challenges, ensuring that your employees are getting the most from these science-backed strategies.



Want help engaging your team?

If you're interested in a Center for BrainHealth expert speaker to help kick off your challenge, engage your teams through learning opportunities, or to help you carry these tips beyond the 4 weeks, let us know! We have speakers, workshops, and other resources available for a small fee. Look for an email with details once you register.