



# Be an ACTIONist



We hope you were inspired during the Brain<sup>3</sup> Summit! Being an ACTIONist means you put your brain first – and at the center of what you do.

Today, we want you to pledge to take a step for yourself and your sphere of influence.

## BECOME A BRAINHEALTH CHAMPION

Sign up to cultivate leaders within your organization who will advocate for proactive brain health.

This inaugural workshop, scheduled for mid-2024, will bring together a limited number of groups and organizations and empower participants to create impact.

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## CONTINUE YOUR BRAINHEALTH JOURNEY

Join research that is advancing our knowledge of how to leverage the brain's power of neuroplasticity, irrespective of age or circumstance.

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## STAY CONNECTED

Join the Great Brain Gain movement and sign up for more events and scientific conversations.