

BOOST YOUR BRAIN PERFORMANCE

Just as you can improve your physical fitness through positive lifestyle habits, the same holds for your brain's fitness and performance. Take charge of your brain to extend your peak brain years, fortify against decline and speed your path to recovery.

HIGH PERFORMANCE BRAIN TRAINING

Strategic Memory Advanced Reasoning Tactics (SMART™) delivers techniques that prime the brain to calibrate mental energy, reinforce strategic thinking and ignite innovation. 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.*

These strategies have been delivered successfully to a wide range of audiences, including corporate executives, special operations units and people who have experienced an injury.

BENEFITS

- Heighten mental focus and agility
- Enrich strategic thinking
- Increase productivity
- Enhance adaptability in new environments

For more information:

centerforbrainhealth.org/smart-brain-training
972-883-3400



Strategic Attention:

Improve focus and prioritize important information



Integrated Reasoning:

Recall and process pertinent information to solve problems



Innovation:

Shift routine thinking into actions, plans and diverse perspectives



CENTER for
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS

*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.