



**HEALTHY
MINDS INITIATIVE**
INTERNATIONAL



OPTIMIZE YOUR BRAIN HEALTH & LIFELONG WELLNESS THROUGH PREVENTION



 

**Join Crenshaw Christian Center and Healthy Minds Initiative
for an insightful Brain Health Lecture**



Mrs. Angela Evans, CEO
Crenshaw Christian Center Dr. Dean Sherzai, Neurologist
COO of Healthy Minds Initiative Dr. Ayesha Sherzai, Neurologist
CEO of Healthy Minds Initiative

Saturday, April 29, 2023 at 10:00 a.m.
Faith Dome at 7901 S. Vermont Avenue, Los Angeles, CA 90044

**This free event is designed for every age
to optimize brain health and lifelong wellness.**

10:00 a.m. | Lecture
11:00 a.m. | Q&A

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faithdome.org
healthymindsinitiative.org



A DAILY GUIDE FOR YOUR BRAIN HEALTH

Healthy Minds Initiative

PARTNERING WITH COMMUNITIES TO EMPOWER & SUPPORT THEIR BRAIN HEALTH JOURNEY

Background

Healthy Minds Initiative is a non-profit committed to empowering the global brain vitality revolution by partnering with communities to create unique, culturally relevant, and inclusive brain health prevention programs in support of cognitive and mental health.

About us

Drs. Dean and Ayesha Sherzai are a husband-and-wife team of neurologist, scientist, and authors, and founded Healthy Minds Initiative to help shift our perception of health and wellness from “sick care” to “healthcare” through a preventative approach.

Partnership

CCC and HMI have partnered to develop innovative community-oriented brain health programs. Activities such as brain health fairs, community conversations, and training of community coaches and chefs is underway.

Statistics

12.7 MILLION	321 BILLION	67%
AGE >65 ALZHEIMER'S CASES BY 2050	TOTAL NATIONAL COST OF CARING FOR THOSE WITH ALZHEIMER'S	2/3 OF DEMENTIA CAREGIVERS ARE WOMEN

PREVENT

Welcome!

We are grateful for this loving and supportive partnership between Crenshaw Christian Center (CCC) and Healthy Minds Initiative (HMI).

Brain health is an issue that has not been addressed appropriately, and now, diseases like stroke, Alzheimer's diseases and other dementias are devastating our communities, emotionally, socially and financially. But most of them can be prevented. Brain health is important regardless of your age. These diseases don't necessarily start later in life, but the foundation is laid decades earlier. In this document, we introduce PREVENT – a set of tools to initiate the journey towards brain health.

Our partnership will focus on helping the community have access to science-based information and the tools to help implement these life-altering simple tools into their lives.

Thank you for attending! Please stay connected with us and share your feedback by visiting our website through the QR code.

To your health,

Healthy Minds Initiative and Crenshaw Christian Center Team



**HEALTHY
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CRENSHAW CHRISTIAN CENTER



P R E V E N T

Practice mindfulness and positive thinking to reduce stress and build resilience.

Examples: Prayer, walking in silence, gardening, writing in a gratitude journal, breathing exercises or connecting with a loved one or a close friend.

My Brain Health Notes:





P R E V E N T

Rest, repair and restore includes sleep and leisure activities.

Examples: Prioritizing sleep, creating a night-time ritual that prepares you for sleep, relax with a book, dim the lights, turn off devices an hour before bedtime, introspection and prayer.

My Brain Health Notes:



P R E V E N T

Exercise to improve mood, reduce anxiety and sharpen thinking process.

Examples: Brisk walk for 20 minutes a day 3-4 times a week, chair exercises, water aerobics, building muscle with weight training, and aerobic activities.

My Brain Health Notes:



P R E V E N T

Volunteer by donating your time for better health and cognitive function throughout life. The stimulation of meeting and working with new people towards a purpose sharpens the brain.

Examples: Volunteer at your church, animal shelter, library, food bank, or as a brain health coach with CCC.

My Brain Health Notes:





P R E V E N T

Eliminate foods and substances that can harm your brain health.

These include processed or junk foods full of salt, sugar, and bad fat. Other substances that can damage brain health include alcohol, tobacco and illicit drugs.

My Brain Health Notes:



P R E V E N T

Nourish yourself with a less processed and whole foods. These include fruits, vegetables, whole grains, legumes, nuts, seeds, herbs, spices, vegetable oils and water.

Examples: Learn to make a few homemade meals so you can control what you put in your body, cut down on sugary-sweetened beverages, eat more fruits and smoothies instead of unhealthy desserts and pastries, cut down on red meat and eat more fish.

My Brain Health Notes:

P R E V E N T

Train your brain through real-life activities to build brain resilience.

Examples: Learning a musical instrument, learning a new language, taking classes, leading a passion project, and playing games that challenge the brain.

My Brain Health Notes:

My Brain Health Notes:

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P R E V E N T

THANK YOU FOR ATTENDING!

LEARN MORE AND STAY IN TOUCH!



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