

**Brain Health Center**  
*by*  
*Dr. Nussbaum*  
**(724) 719-2833**  
[www.brainhealthctr.com](http://www.brainhealthctr.com)

**Why is Brain Health Important?**

The human brain is the single, most magnificent miracle ever designed in the universe. Weighing approximately three pounds, composed of nearly 60% fat, and demanding 25% of the blood from each heartbeat, your brain is the origin of your every thought, emotion, movement, and dream. Your brain is the library of your life story and is the seat of your identity. Our attention to the health of our brains is very important indeed.

**Neuroscience and Brain Health**

Neuroscience has discovered more about the human brain in the past twenty years than ever before and we now know we can shape our brains for health regardless of age. Research has identified particular behaviors and activities that help to stimulate, enrich, and enhance the function and structure of the brain. The challenge for all of us is to incorporate these activities into a daily Brain Health Lifestyle ®.

**What is a Brain Health Lifestyle ®?**

My Brain Health Lifestyle ® is a proactive and integrated approach for people to shape their brain for health. The Lifestyle includes practical activities organized into the following five domains: (1) Physical Activity; (2) Mental Stimulation; (3) Socialization; (4) Spirituality; and (5) Nutrition.

**What is the Brain Health Center by Dr. Nussbaum?**

The Brain Health Center is a unique place that combines traditional clinical expertise with comprehensive wellness services for a holistic approach to health and healing.

**Traditional Clinical Services**

The Center provides neuropsychological assessment and treatment for persons suffering neuropsychiatric and neurological conditions:

- Memory Loss
- Depression
- Alzheimer's and Related Dementia
- Mild Cognitive Impairment

- Anxiety
- Brain Injury
- Parkinson's
- Chronic Pain
- PTSD
- Stroke
- MS
- Attention Deficit Disorder

### Wellness Services

The Center provides comprehensive wellness services for individuals such as students, athletes, business leaders, couples, and families who are not functioning at peak performance because of factors related to chronic stress, worry, and being out of balance:

- Brain Health Assessment
- Nutrition Plan and Programs
- Yoga
- Meditation
- Mindfulness Based Stress Reduction
- Ballet
- Massage
- Online Brain Fitness Exercises

The combination of the traditional clinical expertise with the wellness programs makes the Brain Health Center a unique place for you to reduce stress, achieve inner balance, begin your Brain Health Lifestyle ® and work towards achieving holistic health and peak performance in your life.

### **How do I make an Appointment at the Brain Health Center?**

**Call (724) 719-2833 today to schedule:**

1. A comprehensive Brain Health Assessment.
2. Clinical diagnostic and treatment services.
3. Wellness programs including Yoga, Meditation, Nutrition, and Massage.

You can review [www.brainhealthctr.com](http://www.brainhealthctr.com) to learn more about the Center.

### **Brain Health Center Outreach**

The Brain Health Center by Dr. Nussbaum in Wexford serves as the epicenter for international outreach on matters pertaining to Brain Health Lifestyle ®. Dr. Nussbaum and the Center work with companies, organizations, schools, libraries, media and other sectors of society in the region, nation, and outside the United States.

- Keynote Presentations
- Consultation
- Brain Health Retreats
- Clinical Training/Research

Training Workshops  
Corporate Wellness  
Media Liaison  
Product Development