



**Alzheimer
Scotland**
Action on Dementia

**Brain
Health
Scotland**

YOUR AMAZING BRAIN

**An engaging, evidence-based session
for workplaces on brain health.**

Discover the incredible power of your brain in this interactive and inspiring session, designed to spark curiosity, build knowledge, and boost wellbeing in your workplace.

**Your brain is amazing.
Let's keep it that way.**

www.brainhealth.scot

Why bring *Your Amazing Brain* to your team?

Learn how small, everyday changes – the ‘marginal gains’ approach – can have a big impact on both brain health and workplace performance.

- **Support staff wellbeing:**
Learn practical, evidence-based tips to protect and strengthen brain health—benefiting both mental health and performance at work.
- **Build stronger teams:**
Fun, interactive activities encourage team connection, collaboration, and conversation.
- **Engage & inspire:**
Designed to be thought-provoking, enjoyable, and memorable, this session can be a wellbeing event, a team-building activity, or part of a wider health programme.
- **Evidence-based & co-designed:**
Developed with professionals, researchers, and communities to ensure it is relevant and relatable.

What to expect

- Delivered by expert facilitators from the Brain Health Team at Alzheimer Scotland
- Interactive activities with space for reflection and discussion
- Flexible to fit your team's needs: can be run as a standalone session, or as part of our wider *Brain Healthy Workplace* Programme

Group sizes

- £ Up to 25 people
- ££ 25–60 people
- £££ For larger groups, please get in touch to discuss bespoke options

Your booking helps make a difference. Every corporate session supports free *Your Amazing Brain* events for communities who benefit most.



Did you know?

Up to 45% of dementia cases worldwide could be prevented through lifestyle and health changes that also benefit wellbeing at work.



Get in touch
brainhealth@alzscot.org

Brain Health Scotland is an initiative by Alzheimer Scotland.

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