Brain Health Scotland

Women's Brain Health

Learning for organisations

Explore the factors that shape women's brain health throughout life and discover how individuals and workplaces can make a positive difference.

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

www.brainhealth.scot



Part of our **Brain Healthy Workplace** programme



Why bring *Women's Brain Health* to your team?

Our engaging, evidence-informed sessions are expertly facilitated by Alzheimer Scotland and designed for workplace audiences.

- **Support staff wellbeing**
  Share practical, achievable ways for people to look after their brain health and wider wellbeing.
- **Build understanding**
  Explore why women are more affected by dementia and the combination of factors that shape brain health throughout life.
- **Start important conversations**
  Bring women's brain health into workplace wellbeing, learning and development, or network activity.
- **Inspire positive action**
  Help individuals take positive steps or bring colleagues together to identify opportunities within the workplace.

Choose your session

(Available online or in person.)

- **Women's Brain Health: A guide to looking after your brain**
  1 hour
  An engaging expert talk introducing the factors that shape women's brain health and practical ways to support it.

  Ideal for raising awareness and inspiring individual action across a broad employee audience.
- **Women's Brain Health at Work: From insight to action**
  3 hours
  An interactive in-person workshop combining brain health learning with facilitated discussion and action planning.

  Ideal for helping women's or menopause networks, wellbeing champions and organisational leads identify opportunities and agree one action.

Talk or workshop?
Compare the two options and find the best fit for your organisation:
brainhealth.scot/workplace-sessions-women



Did you know?

Two-thirds of people living with dementia are women. Dementia is also the leading cause of death for women in the UK.

Let's plan your workshop

Tell us which option you are interested in, along with your anticipated audience, preferred format, timing and location. We'll use this information to recommend the most suitable option and prepare a tailored quote.

The three-hour workshop can also be held at our National Centre in Edinburgh, subject to availability, as part of a team away day.

Alzheimer Scotland | Brain Health Scotland

Get in touch
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Brain Health Scotland is an initiative by Alzheimer Scotland.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland SC149069.
Registered office: 69 North Gyle Terrace, Edinburgh EH12 8JY.
It is recognised as a charity by the Office of the Scottish Charity Regulator SC022315

Your booking makes a difference. Every corporate booking helps support free brain health programmes for communities that can benefit most.