



**VIRTUAL BRAIN HEALTH CENTER** **FREE**

# Brain Week 2026

Our annual event that shares the wonders of the brain & the impact brain science has on our everyday lives.

• **LIVE** **STREAMING**

Monday - Friday  
March 9 - 13, 2026

Programs at  
11AM, 2 PM & 7 PM EDT

Learn the benefits of a brain-healthy lifestyle with our collaborative partnerships that make this event possible.

brainHQ, PACIFIC NEUROSCIENCE INSTITUTE, Neurosciences Learning Center, BRAIN AWARENESS WEEK, Preventive NEUROLOGY, Neuroscience Learning Center, BRAIN AWARENESS WEEK, Maggie Moon, MS, RD, Dr Kellyann Niotis, Master Nutrition Lab, BRAIN HEALTH RESTORES, Foundation for Social Connection, My Boomer Brain.com, THE DOCTOR OUTDOORS, BRAINNOUSIOUS, K.T.A.P. THE STORE, compassionate animal learning, UCCV, the NEURON family, COGNITIVE CONNECTIONS, CAFE, The Susic Project, BRAINDOC, Stronger Memory, Goodship Living, Sponsors: VIRTUAL BRAIN HEALTH CENTER, Brain Health!, DR. KRISTAL CULLER, To Register: virtualbrainhealthcenter.com, Questions?: krystal@virtualbrainhealthcenter.com



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# BRAIN WEEK 2026

## GIVE YOUR STRESS A COLORED PENCIL

**EXCLUSIVE WEBINAR**

**Sarah Routman, MEd, CLYL, CLYT**  
Laughter Yoga Leader, Teacher, & Author

• **LIVE** **STREAMING**

March 9, 2026

11:00 AM EDT

**LAUGH HEALTHY**

**virtualbrainhealthcenter.com**

## Brain Week - March 9-13, 2026

Virtual Brain Health Center presents Brain Week 2026

16 Programs and 25+ Brain Health Experts  
All on Zoom - All FREE

Explore the wonders of the brain and the impact brain science has on our everyday lives.

Join Sarah Routman for the first session on **March 9th at 10am CST** for her workshop, *Give Your Stress a Colored Pencil*.

Explore all the sessions here: <https://virtualbrainhealthcenter.com/brain-week-2026/>

Register for Sarah's workshop here: <https://luma.com/7r72ngu9>