

 **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, 2PM & 7PM EDT

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

Maggie Moon, MS, RD | Dr Kellyann Niots | Pacific Neuroscience Institute | Preventive Neurology | Neuroscience Learning Center | Neuroscience on Tap | Brain Awareness Week | Brain Health Mentors | Master Nutrition Lab | The Doctor Outdoors | Braininscious | Laugh Healthy | S.T.A.P. The Brain Project | Foundation for Social Connection | My Boomer Brain | The Neuron | The Family | Brain Health | Brain Doc | Stronger Memory | Goodwin Living Foundation | Cognitive Connections | Caffe | The Sasci Project | Dr. Krystal Culler | Dr. Jonathan Amy | To Register | Questions? | virtualbrainhealthcenter.com | krystal@virtualbrainhealthcenter.com

**VIRTUAL BRAIN
HEALTH CENTER**

FREE

BRAND 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



 

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>