

In partnership with Rochester Clinic and 125 LIVE

Part of the Minnesota Department of Health  
Healthy Brain Initiative

# HEALTHY BRAIN WORKSHOP SERIES



This Healthy Brain Community Project empowers adults to strengthen memory and cognitive health through lifestyle-based habits, early awareness of dementia risk, and access to supportive community resources. Through a three-part, evidence-informed workshop series, participants learn proactive strategies for brain wellness, build meaningful connections, and gain practical tools for early detection and prevention. This community-centered approach enhances awareness, builds long-term resilience, and supports a healthier future for all.



**WORKSHOP 4:**  
**Sound Bowl Healing  
and Stress Management**



**JULY**  
**20**  
MONDAY

Learn how chronic stress impacts memory, focus, sleep, and emotional well-being. This calming, interactive session introduces breathing practices, mindfulness, and sound bowl healing techniques designed to support relaxation and cognitive resilience. Includes healthy brain food samples and recipes from Mei Liu.



**WORKSHOP 5:**  
**Food as Medicine —  
Herbs, Spices, and  
Brain-Power Foods**



**AUGUST**  
**17**  
MONDAY

Explore how herbs, spices, and whole-food plant-based nutrition can support brain health, reduce inflammation, and promote healthy aging. Participants will learn practical ways to incorporate brain-supportive ingredients into everyday meals and lifestyles.



**WORKSHOP 6:**  
**Movement for  
Brain Health —  
Including QiGong**



**SEPT**  
**21**  
MONDAY

Discover how movement supports memory, focus, balance, and long-term cognitive health. This workshop includes guided QiGong exercises and simple strategies to incorporate gentle, brain-healthy movement into daily life. Includes healthy brain food samples and recipes from Mei Liu.



**THESE EVENTS ARE FREE AND OPEN TO THE PUBLIC!**  
*Please register in advance.*



**MONDAYS**  
All workshops are  
held 10:00 – 11:30 AM



**125 LIVE – RIVER ROOM**  
125 Elton Hills Dr. NW  
Rochester, MN 55901