

# BRAINHEALTH® & STRESS SOLUTIONS

## Military Caregiver Retreat Powered by USAA Foundation

Pause with a purpose. Find respite from the stressors of daily life while learning practical tools to improve your brain health and performance. Building upon its five-year history of providing science-based cognitive training to military veterans, active duty service members, and their families, the Center for BrainHealth and its Brain Performance Institute have designed a retreat specifically for military caregivers. This retreat includes the Center's cognitive training, Heart Rate Variability Training, iRest and evening activities.

### HIGH PERFORMANCE COGNITIVE TRAINING

The Center for BrainHealth's science-based strategies can enhance brain performance today and improve brain health in the future. More than a decade of clinical trials have demonstrated that the strategies taught in this workshop strengthen the brain's frontal networks - regions that support attention, planning, judgment and emotional management.\*

### IREST

iRest is an evidence-based, mind-body approach that is the result of thirty years of observation, research and hands-on development by Dr. Richard Miller and associates. Its practice is integrative as it heals the various unresolved issues and traumas that are present in your body and mind, and restorative as it enables you to recognize your innate peace of mind that is always present amidst all changing circumstances of life.

### HEART RATE VARIABILITY

The HRV training program teaches evidence-based techniques that help bring bodily systems into balance. Learn to manage your physiology in the moment to help navigate challenging situations, optimize performance, increase resilience capacity, and to flourish.

### TRANSPORTATION

Travel assistance may be available on a case-by-case basis. Please contact Jennifer Territo at [jennifer.territo@utdallas.edu](mailto:jennifer.territo@utdallas.edu).

\*The program is based on the Strategic Memory Advanced Reasoning Training (SMART) protocol developed at the Center for BrainHealth. Specific outcomes are not guaranteed. Individuals may use the tools in different ways. Participants must complete all sessions and all assignments and continue to use SMART strategies to achieve maximum benefit.

### WHERE

MGM National Harbor Resort  
101 MGM National Avenue  
Oxon Hill, MD 20745

### WHEN

Nov. 30 - Dec. 1, 2018

### APPLY

[centerforbrainhealth.org/retreat](http://centerforbrainhealth.org/retreat)  
Applications will be reviewed upon receipt - space is limited!  
Deadline is November 1, 2018

This retreat, offered at no cost to military caregivers, includes double-occupancy hotel accommodations, meals, workshop materials and evening activities from arrival at the hotel on Friday morning to Saturday departure. A \$50 refundable deposit will be required to confirm registration. Refunds will be made upon completion of the entire retreat.



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**BRAINHEALTH**®  
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