

# A Beautiful Brain

Most conversations about aging focus on lifespan, but brainspan (how long our mind stays sharp) matters more. In this course, we will explore how the brain ages and what science reveals about protecting memory, balance, and clarity. Topics include normal changes versus early dementia, neuroplasticity, nutrition, sleep, stress, social ties, and purpose. Each session blends accessible science with self-tests and take-home practices. We will also build a personalized Cognitive Health Scorecard to track habits and strengthen resilience.



[Click here to view promo video.](#)

## YOUR INSTRUCTOR: Scott Fulton



Scott Fulton is recognized internationally as a “Redefiner” in the positive aging space. Accustomed to big systems engineering challenges, Fulton focuses his research on improving adult aging outcomes. He teaches Lifestyle Medicine and Aging, is an American College of Lifestyle Medicine member, sits on the prestigious True Health Initiative Council, and is past president of the National Aging in Place Council. His critically acclaimed book, *WHEALTHSPAN, More Years, More Moments, More Money*, hit #1 on Amazon, and he is known for creating the MEDAC system for optimal aging. Fulton is a multiple Ironman triathlete and lives in a demonstration home he recently designed and built for the future of optimal aging across a lifespan.

**THURSDAYS, APRIL 9 THROUGH MAY 14**

**8am PT | 9am MT | 10am CT | 11am ET**

**Each live session is 90 minutes**

- Thursday, April 9
- Thursday, April 16
- Thursday, April 23
- Thursday, April 30
- Thursday, May 7
- Thursday, May 14

To register, please contact your local Osher Institute.