

Aging, Memory and SuperAgers

A 6-Hour Home Study Program for Health Professionals

This program focuses on the habits of SuperAgers, seniors with outstanding memories and of people who live long and healthy lives.

Learn why lifestyle habits are more important than genes in influencing who retains outstanding mental capabilities, who develops mild cognitive impairment and who develops dementia.

This program includes lifestyle factors that protect the aging brain from neurodegenerative disorders and neurotoxic stress.

Participants completing this program should be able to identify:

1. Lifestyle habits that can protect short-term, long- and "working" memory.
2. Cognitive habits that protect against neurotoxic stress that can occur in stress related disorders including major depression, trauma, PTSD, and addictive disorders.
3. Lifestyle habits of SuperAgers associated with exceptional health.
4. Habits of people who are most likely to live to be 100.



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.



ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/17 – 11/11/20. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Florida Board of Psychology**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. IBP is approved as a provider of CE for Counselors and Social Workers by **Ohio CSMWFT Board**. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors, #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists, #MFT-0068. This program provides 6 contact hours.

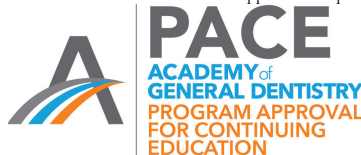


SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: #0492-0000-19-076-H04-P and #0492-0000-19-076-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



Institute for Brain Potential
Nationally Approved PACE Program Provider
for FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557



OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the **Florida Board of Occupational Therapy** for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.



EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

Neurogenerative Disorders

- Brains At-Risk
- Key Initial Symptoms of Leading Dementias
 - Alzheimer's Disease
 - Frontotemporal Dementia
 - Parkinson's Dementia
 - Vascular Dementia
 - Limbic Dementia (LATE)
- Protecting Working Memory
- Protecting Short-Term Memory
- Improving Long-Term Memory

Preventing Neurotoxic Stress

- Stress, Inflammation and the Immune System
- Emotion Regulation
- Depression
- Trauma and PTSD
- Addiction-Related Disorders
- Stress Resilient Habits

Lifestyle Habits

- Diet
 - Mediterranean, Okinawan and other Diets
 - Nutrients and the Aging Brain
 - Anti-inflammatory Agents
 - Meals
- Sleep
 - Pre-sleep Rituals that Calm an Overactive Brain
 - Maintaining Sleep
 - Restorative Sleep
 - Meals
- Psychological
 - Positive Mindset
 - Resilience
 - Awareness Without Judgment
- Physical Activity: It is Never Too Late
 - The Best Predictor of Healthy Longevity
 - Strong for Life
 - Aerobics
- Habit Formation and Practice

ABOUT THE INSTRUCTOR



Mark B. Moss, Ph.D. (Chair Emeritus, Neuroscience, Boston University School of Medicine), NIH MERIT-Award recipient, is a leading expert in evidence-based strategies to protect the aging brain. His recent publications are among the first to demonstrate a cognitive benefit of the aging brain related to an anti-inflammatory nutrient.

In his inspiring and practical presentations, he distills key findings, presenting them in non-technical terms. Dr. Moss makes his lectures memorable through the use of fascinating case histories and translation of research into positive habits. His programs include "Memory: How it Works, How It Fails and How to Improve it" and "Understanding Executive Functions." Participants receive a detailed outline for all lecture topics that has been prepared by Dr. Moss.

How to Receive Home Study Credit

1. Course materials are delivered to you within 5-7 days from the date we receive your order.
2. For recorded programs, watch or listen to the lecture and review the course outline. For text-based programs, read the written materials.
3. Complete the multiple-choice questions or short-written essays based on the course objectives. A passing score is 70%. In the unlikely event that you need to retake the exam, you may do so without penalty or fee. You have at least one year to complete any of the programs.
4. Submit the completed evaluation and exam to IBP by email at ceu@4brain.org, fax at (209) 710-8306 or mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
5. Certificates of completion are provided upon receipt of the evaluation form and the post-test. Please let us know whether you wish to receive it by email, fax, or mail.

30-Day Refund and Return Policy

If you are not completely satisfied, you may exchange the materials for a recorded or text-based program of equal value or receive a refund minus a \$15 processing fee by sending the materials in resalable condition to: IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about program content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, or submit a formal grievance. IBP complies with ADA requirements.

The IBP Experience

We are the leading provider of accredited programs concerning the brain and behavioral sciences. Programs include fascinating and informative presentations by outstanding and highly qualified instructors. DVDs are an excellent alternative to television and CDs are ideal for long commutes. Our non-profit organization has been providing home study programs since 1985.