

Mind Forward 健腦同行

A Free 8-Week Brain Health Program for Adults

八週免費健腦課程，適合成年人參加



Location 地點

Lord's Grace Christian Church 主恩基督教會
1101 San Antonio Road, Mountain View, CA 94043

Time 時間

10:00 - 11:30 am (每節 90 分鐘)

Language 語言

**Cantonese 粵語授課

Cost 費用

Free 免費 (名額有限，需預先報名)

SESSION OVERVIEW 課程主題一覽

May 3	Brain Health Overview 健腦基本認識
May 10	Move Toward a Healthier Mind 健腦運動習慣
May 17	Eat Smart for Better Memory 聰明飲食助記憶
May 31	Cultivate Healthy Habits 建立健康習慣

What You'll Experience 課程特色

- Guidance from a retired medical doctor and trained community facilitators 退休醫師與社區導師的專業指導
- Interactive, team-based learning and health challenges 小組互動學習與健康任務
- Simple wellness check-ins and memory tools 健康自我檢視與記憶工具

You are currently registering for Part 1 (May 2025). Participants will have the opportunity to continue with Part 2 (Fall 2025). **目前開放報名的是第一部分 (2025年5月)，參與者將可優先參加 第二部分 (2025年秋季)**



Be part of a supportive, inspiring community—learn, connect, and grow together. Sign up today!
加入一個互相支持、充滿啟發的學習社群，一起學習、連結與成長。現在就報名！

For questions, contact us at careylai@hkustnorcal.org

This program is jointly hosted by Caring Minds, Lord's Grace Christian Church, and HKUST NorCal Chapter. Together, we are committed to supporting brain health and building stronger, healthier communities through education and connection. 本課程由 憶航、主恩基督教會 與 香港科技大學北加州校友會 共同主辦，三方攜手合作，致力於透過教育與連結促進腦部健康，建立更健康的社區。



HKUST Alumni
Northern California Chapter