

Examples of Community Resources to Improve Brain Health

These are examples of resources that might exist your area that you could recommend to local community members to improve their brain health after they take Brain Care Score.

Mental Health Resources

- **Free or low-cost counseling centers**
Community health centers, local hospitals, or university clinics often offer sliding-scale therapy.
- **Support groups**
For stress, grief, caregiving, addiction, chronic illness, or depression.
- **Mindfulness or meditation classes**
Often offered at libraries, community centers, or YMCAs.
- **Crisis hotlines and warm lines**
For emotional support, guidance, and connection.
- **Faith-based or spiritual support groups**
Churches, mosques, temples, and other spiritual communities often host support circles.
- **Public libraries**
Many offer quiet spaces, stress-reduction workshops, or mental wellness programs.

Physical Health Resources

- **Local YMCAs or recreation centers**
Affordable fitness classes, swimming, walking tracks, and strength training.
- **Walking groups or community walking clubs**
Free, low-pressure, and great for both physical and social health.
- **Parks and outdoor programs**
Outdoor yoga, group hikes, tai chi, or free fitness events.
- **Free health screenings**
Blood pressure checks, glucose screenings, or health fairs.
- **Community physical activity classes**
Zumba, dance classes, stretching, senior fitness programs.
- **Bike-share or step-counting programs**
Some cities offer subsidies or free sessions.

Nutrition + Diet Resources

Email the GBCC team at GlobalBrainCareCoalition@mgb.org with any questions.

- **Food pantries and mobile food markets**
Many offer healthy produce and nutrition education.
- **Community kitchens or cooking classes**
Learn how to prepare healthy meals on a budget.
- **Farmers' markets**
Sometimes accept SNAP, HIP, or other benefits.
- **WIC and SNAP programs**
Provide nutrition support for families and individuals.
- **Nutrition counseling**
Through community health centers or local hospitals.
- **Community gardens**
Opportunities to grow fresh food and learn gardening skills.

Social Connection Resources

- **Senior centers**
Offer classes, games, activities, meal programs, and social events.
- **Local libraries**
Host book clubs, workshops, craft groups, and free events.
- **Volunteer opportunities**
Food banks, shelters, neighborhood cleanups — great way to meet others.
- **Community groups or clubs**
Walking clubs, cooking circles, knitting groups, dance groups.
- **Faith-based organizations**
Offer gatherings, support circles, social events, and community meals.
- **Community cultural centers**
Host language classes, music nights, festivals, and cultural events.