

How the Brain Blossom Program™ works

Enter the Brain Blossom Program™ with three (3) simple steps:

- 1.** Apply to the Brain Blossom Program™ [here](#).
- 2.** Receive an email invitation for the Brain Blossom Program™ online program to complete your intake evaluation.
- 3.** Receive new biweekly Brain Blossom Program™ exercises based on an individuals progress and results.

BONUS!

- 1.** Receive access to the Brain Blossom Program™ member portal with continuing education weekly!
- 2.** Receive personalized Brain Blossom Program™ reports to track individual progress in the stages of the Brain Blossom Program™.

Brain Blossom
PROGRAM™

The Brain Blossom Program™ is an online, at home, brain and body exercise and educational program.

