

Dear Valued Patron,

While library services transition to online support, we'd like to take this time to remind you of a free resource available to you from the convenience of your home – [BrainHQ](#).

BrainHQ is a set of online exercises that can be used on a computer or mobile device. Studies show it improves cognitive function, and that these improvements result in real benefits in people's lives. BrainHQ has 29 online exercises that work out attention, brain speed, memory, people skills, navigation, and intelligence.

BrainHQ suggests exactly which exercises to do, and in which order: the personalized trainer feature, designed by scientists, continuously measures performance and serves up the best exercises for you. Alternatively, you can design your own program, choosing exercises and workouts that meet your personal interests, mood, and schedule.

Even those with busy schedules can use BrainHQ successfully. It takes less than five minutes to do each BrainHQ level, so you can use it in tiny bites or long blocks, whichever is right for you.

What's more, BrainHQ supports customers every step of the way, with great free features such as:

- Weekly challenges to help them set and reach their goals
- Progress features to help them keep track of how they're doing
- Online and phone support to help them succeed
- A monthly newsletter and other resources with brain health news and tips

Ready to get started? All you need to do is:

- Grab your library card and PIN number
- Visit: [\[insertyourURLhere.com\]](#)
- Sign-up to get started!

Have questions or need help? Please email: [support@brainhq.com](mailto:support@brainhq.com).

Happy brain training!