



CCL Circle Community

Welcome to the Curious and Creative Lab (CCL) Circle Membership Program. Join a small, supportive community where science meets practical, engaging learning.

What's Included:

- **Science-based, interactive workshops** led by Dr. Gupta, a PhD-trained scientist with postdoctoral experience and 15+ years of experience in health communication
- **Two virtual workshops each month**
- **Personalized learning and peer support**
- **Small-group format**
- **Workshop recordings and resources** available for rewatch through a private YouTube channel for annual CCL Circle members.

Monthly Program Format: Members will receive the program calendar in advance.

Each month includes:

- **Lunch & Learn:** Explore a science-based topic and practical strategies for everyday life
- **Health Conversations:** Engage in meaningful conversations about health, aging, wellness, and everyday experiences

Membership Options

Annual Membership: \$300/year — *equivalent to 2 months free*

Monthly Membership: \$30/month

Schedule June – December, 2026

Workshop Topic & Schedule	Description & Learning objectives	Registration Form
<i>Health Conversations</i> Five pillars of Emotional Health 26.06.02 (Monday) 10:00 am – 10:30 am	We will start the health conversations with a short presentation on the 5 pillars of emotional health followed by group discussion.	https://forms.gle/dnRXhmTFRe9H1bfD8
<i>Workshop</i> Science of Sleep: Introduction to Sleep tool-kit 26.06.09 (Tuesday) 1:00 – 2:00 pm	Sleep is one of the most misunderstood pillars of health. This interactive session with Dr. Gupta unpacks the science behind why we sleep, what happens when we don't, and what you can do to optimize your sleep quality starting this week. Includes a downloadable resource and a live Q&A.	https://forms.gle/dnRXhmTFRe9H1bfD8
<i>Workshop</i> Rest tool kit & Hands-on Non-Sleep Deep Rest (NSDR) session 26.06.23 (Tuesday) 1:00 – 2:00 pm	Poor sleep leaves a debt, and this session is about paying it back. Dr. Gupta explores the science of rest and guides members through a hands-on NSDR (Non-Sleep Deep Rest) practice: an evidence-based technique shown to help the brain and body recalibrate after fatigue.	https://forms.gle/dnRXhmTFRe9H1bfD8

	You will leave with a practical rest toolkit to use anytime. Includes a downloadable resource and a live Q&A.	
<i>Workshop</i> Memory Boosters: Practical strategies for recall and retention 26.07.07 (Tuesday) 1:00 – 2:00 pm	Memory changes with age, but the brain can stay sharp with the right exercises. This interactive workshop focuses on neuroplasticity, the brain's ability to adapt and strengthen over time. Participants will practice proven memory-boosting techniques, including recall exercises, association strategies, and attention-training activities.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Health Conversations</i> Memory Filter 26.07.27 (Monday) 10:00 am – 10:30 am	We will start the health conversations with a short presentation on the Memory Filter to understand how brain filters information into important and forget buckets. This will be followed by group discussion.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Workshop</i> Memory Changes with Age: Understanding Normal and Concerning Changes 26.08.06 (Thursday) 1:00 – 2:00 pm	This workshop explores age-related changes in the brain, with a focus on memory. Participants will learn to distinguish between normal memory changes and signs that may warrant further evaluation, as well as the appropriate next steps to take.	https://forms.gle/dnRXhmTFR9H1bfD8

<i>Health Conversations</i> Diagnostic tests to know your risk of developing Dementia 26.08.18 (Tuesday) 10:00 am – 10:30 am	We will begin with a short presentation on the diagnostic and genetic tests available to help you understand your risk of developing dementia later in life. We will also discuss what these tests can and cannot tell you, and whether testing may be right for you. This will be followed by an open discussion	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Workshop</i> Brain Health Action Plan: Reduce your risk of cognitive decline 26.09.07 (Monday) 1:00 – 2:00 pm	In this workshop, you'll be introduced to practical strategies for dementia risk reduction. We will explore research-backed lifestyle habits that can help reduce the risk of cognitive decline and support long-term brain health.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Health Conversations</i> Brain Games 26.09.21 (Monday) 10:00 am – 10:30 am	In this health conversation, we will critically examine commonly used brain games both analogue and digital through the lens of scientific evidence. Together, we will compare and rank these activities based on their potential benefits for brain health.	https://forms.gle/dnRXhmTFR9H1bfD8

<i>Workshop</i> Understanding Alzheimer's: Type, Progression and Available & emerging treatment 26.10.05 (Monday) 1:00 – 2:00 pm	This workshop will explore the different types of Alzheimer's disease, why the disease develops, and how it typically progresses over time. We will also discuss currently available treatments and emerging therapies that may shape the future of Alzheimer's care.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Health Conversations</i> Communication Strategies for Caregivers 26.10.19 (Monday) 10:00 am – 10:30 am	This health conversation will begin with a short presentation on practical strategies for communicating effectively with a person living with Alzheimer's disease. We will then open the discussion for participants to share their experiences and insights.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Workshop</i> Neuroplasticity and Brain Reserve 26.11.05 (Monday) 1:00 – 2:00 pm	This workshop will introduce two remarkable features of the brain: neuroplasticity and brain reserve. You'll learn how these features support cognitive resilience and explore evidence-based strategies that may help build and maintain them, potentially reducing the risk of cognitive decline.	https://forms.gle/dnRXhmTFR9H1bfD8

<i>Health Conversations</i> Preparation 26.11.23 (Monday) 10:00 am – 10:30 am	This health conversation will begin with a short presentation on practical steps to take after receiving a dementia diagnosis. We will discuss available support groups and resources. This will be followed by open discussion.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>Workshop</i> The Power of Purpose: How meaning and goals support brain health 26.12.07 (Monday) 1:00 – 2:00 pm	This workshop explores how having a sense of purpose can support brain health, emotional well-being, and healthy aging. Through guided exercises, participants will set personal goals, and explore new activities that bring joy, connection, and mental stimulation.	https://forms.gle/dnRXhmTFR9H1bfD8
<i>End of year Party</i> Interactive Activities Sharing Circle Setting Intentions 26.12.14 (Monday) 1:00 - 2.30 pm		https://forms.gle/dnRXhmTFR9H1bfD8

Note: 2027 CCL Circle Schedule will be released in October. The theme of 2027 will be Nutrition for Healthy Aging