



MYRECREO.HEALTH

Speaking Menu

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✓	TITLE	DESCRIPTION
	Brain Fitness Games For A Sharper, Brighter Mind	• Discover how your brain can grow and adapt at any age. • The 6M's of Brain Fitness. • Sharpen focus and memory • Improve decision-making and mental clarity. • Manage stress and reduce anxiety. • Boost energy and confidence. • Cultivate a more positive outlook.
	Brain Fitness for Clearer Mornings, Restful Sleep & Better Memory	• How to build a brain-friendly morning routine that clears fog and boosts energy. • How to wind down at night in a way that supports deeper, more restful sleep. • How these daily habits can support long-term memory, focus, and cognitive health. • Small shifts that make a big difference, even if you're short on time or energy.
	Brain Fitness for Happiness, Mindfulness and Aging Younger	• Learn the science of happiness and connection. How you can easily find more of it! • Learn how mindfulness supports brain plasticity and even gene-level repair. • Experience easy, approachable practices to bring more clarity, joy, and energy into your daily life. • No prior experience with mindfulness needed.
	The 5 Secrets of Superagers	What if your brain could become stronger, sharper, and more resilient with age? In this uplifting and science-backed workshop, we explore the powerful habits and daily practices that help support memory, focus, emotional resilience, and long-term brain health. Through practical brain fitness exercises, movement, stress regulation tools, and the science of "SuperAgers," this workshop offers simple and empowering ways to boost cognitive vitality, reduce brain fog, improve memory, increase energy, and support healthier aging at any stage of life. You'll leave inspired, informed, and equipped with realistic strategies to help your brain and body thrive.

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	Superagers: Feed Your Brain From the Inside Out	• Learn the fascinating connection between gut health, brain function, and healthy aging plus simple foods and recipes that support cognitive wellness. • What if supporting your brain health started in your gut? • In this fascinating and practical workshop, we'll explore the powerful brain-gut connection, the role of the vagus nerve in stress and nervous system regulation, and how food influences mood, memory, and cognitive health as we age. You'll leave with science-backed insights, simple wellness strategies, and delicious brain-supportive recipes to try at home.
	Women's Wellness Reimagined Energy, Hormones, Brain Health & Emotional Wellbeing for women 40+	• Join us for an empowering and informative workshop exploring how hormonal and nervous system changes affect women in the second half of their lives. Learn how stress, sleep, mood, brain fog, energy, and emotional wellbeing are connected and discover practical wellness tools to help you feel calmer, clearer, healthier, and more like yourself again. • Perfect for women wanting to better understand their bodies, support healthy aging, and take their power back through knowledge and wellness strategies.
	It's a Beautiful Day in the Neighborhood. Lessons from Mr. Rogers and Mr. Dressup About Community, Selflove and Lasting Connection.	Inspired by the timeless wisdom of Fred Rogers and Ernie Coombs, this uplifting workshop invites you to rediscover the power of connection, creativity, and belonging right where you live. Together, we'll explore how meaningful relationships and small moments of joy can have a powerful impact on both brain and body health. Through gentle, engaging activities designed specifically for seniors, you'll experience the magic of community in action. In this workshop, you'll enjoy: - Heartwarming "neighbourhood" connection activities - Simple, playful movement and creativity inspired by childhood nostalgia - Brain-boosting insights on how connection supports memory, mood, and overall wellness - Opportunities to share stories, laughter, and meaningful moments with others Because just like we learned growing up...it's the people around us who make life truly beautiful.

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	HEALING IN COLOUR: Why Your Brain Needs More Than a Break	Join, Victoria Muir-Burcea, the author of Healing in Colour for an interactive brain wellness experience through colour, creativity, memory and mindfulness. HEALING IN COLOUR is an engaging, science-informed workshop that introduces participants to the surprising ways simple creative activities can support brain health, emotional wellbeing, mindfulness and healthy aging. Led by longevity and wellness coach and author of HEALING IN COLOUR Victoria Muir-Burcea, participants explore colouring, doodling, memory recall, gratitude and reflective activities while learning about attention, creativity, memory and the brain's ability to adapt throughout life. Participants will have the opportunity to slow down, connect with memories, stimulate their creativity, engage their brains and discover simple practices they can continue using at home. The workshop is interactive, accessible and enjoyable for all ability levels, no artistic experience required. OPTIONAL ADD-ON: Participants leave with their very own copy of HEALING IN COLOUR that you can pre-purchase for them or they have the option of buying the book at the end of the workshop.  About HEALING IN COLOUR THE BOOK More than a colouring book: HEALING IN COLOUR is a brain-based wellness workbook that combines colouring, doodling, memory-recall questions, mindfulness, affirmations, gratitude and reflection. Unlike traditional colouring books that are primarily focused on finished artwork, HEALING IN COLOUR is designed to engage the brain while supporting emotional wellbeing, creativity, memory and self-connection. Each activity offers an opportunity to pause, reflect, remember, create and explore, making the book something participants can return to again and again as part of their everyday brain wellness practice.

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	Neuro-Engage™: Play, Move, Connect <i>In partnership with Evermore Specialty Care and MyRecreo.Health</i>	Facilitated by Victoria Muir-Burcea of MyRecreo.Health and Elizabeth Taylor of Evermore Specialty Care, Neuro-Engage™ is an interactive workshop designed to show retirement community members, caregivers, and recreation professionals how simple, enjoyable activities can create meaningful opportunities for brain health, movement, connection, and confidence. Participants will experience a variety of activities:  Brain-Based Table Games - Try fun, accessible games inspired by familiar favourites matching animal memory cards, tangram puzzles, colouring and crosswords that encourage attention, memory, problem-solving, coordination, communication, and a little friendly competition.  Movement for the Brain & Body - Explore simple movement activities that engaging coordination, balance, attention, and cognitive flexibility.  Mindfulness & Mental Well-Being - Experience practical mindfulness activities designed to help calm the mind, improve awareness, and create moments of relaxation and presence. Neuro-Engage™ is about more than keeping people busy. It's about creating experiences that give people a reason to participate, connect, move, think, laugh, and feel capable. Come ready to play, move, learn, and connect because meaningful engagement should be something you experience, not just something you talk about. <i>For retirement community members,</i> it's an opportunity to have fun, try something different, meet others, and discover activities that stimulate both the brain and body. <i>For caregivers,</i> it offers practical ideas for creating positive moments of engagement that go beyond simply keeping someone occupied. <i>For recreation professionals and activity staff,</i> it provides fresh, adaptable ideas that can be incorporated into programs, small groups, and everyday interactions.

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	Leading with Intention Curiosity, Clarity and Decision Making in Care Focused Leadership	What if better leadership started with understanding how the brain works? In Leading with Intention, wellness and longevity coach explores the neuroscience behind decision-making, stress, curiosity, and emotional regulation in care-focused leadership. Through interactive activities, brain science, and practical tools, participants learn how to move beyond autopilot thinking, reduce overwhelm, and make clearer, more intentional decisions in community and workplace settings. This engaging workshop blends neuroscience, habit-building, and leadership psychology in a way that is practical, relatable, and inspiring. • Perfect for recreation professionals, activity staff, care professionals (nurses, PSW) and leadership staff.
	A Bath Isn't Self-Care! Real Tools for People Who Take Care of Everyone Else	Caregivers spend their days caring for other people but who is taking care of them? This honest, funny and inspirational keynote takes a fresh look at stress, burnout and the very real demands of caring for others. Victoria Muir-Burcea shares her own powerful story of burnout and what happened when years of pushing through finally caught up with her. She'll challenge the idea that self-care means simply taking a bath, lighting a candle or finding another way to "fit it all in" and explore what meaningful, realistic self-care actually looks like when you're already exhausted. Blending personal story, brain science and practical strategies, participants will leave feeling seen, understood and equipped with simple tools they can use in the middle of a busy shift, a difficult day or an overwhelming moment. Because taking care of yourself isn't selfish—it's part of being able to keep caring for others. • Perfect for recreation professionals, activity staff, care professionals and leadership staff.



Victoria is a **Longevity and Wellness Coach**, podcaster, speaker, and author with a degree in **Physiology and Health Promotion from Queen's University**. An award-winning community programmer, she has been twice recognized for Innovative Community Programming by Parks and Recreation Ontario and the Ministry of Health Promotion. She is an Amazon #1 bestselling author, coauthoring *Living Your Prime* a book about how to make the second half of your life the best half, and author of *HEALING IN COLOUR* a brain-based workbook for adults. She brings together **neuroscience, stress physiology, emotional regulation, and habit-building to make wellbeing realistic** and deeply human. Her work is known for being **practical, science-backed, and delivered with warmth, humor, and deep compassion**.

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