



MYRECREO.HEALTH

Speaking Menu

Victoria@myrecreo.health

✓	TITLE	DESCRIPTION
	Brain Finess 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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	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.
	Small Shifts, Big Results	• What if improving your health didn't require hours of meal prep, intense workouts, or a complete life overhaul? • In this science-backed workshop, you'll discover how small daily habits can create powerful changes in your energy, mindset, stress levels, and overall wellness. Learn why micro-habits work better for the brain and nervous system — and how just 10 intentional minutes a day can help you feel healthier, calmer, and more in control of your life. • You'll leave with 4 simple, realistic wellness shifts you can start immediately for lasting results.

Victoria is a **Longevity and Wellness Coach**, podcaster, and speaker with a background in **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 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**.

Contact info

Email: victoria@myrecreo.health

Phone: (416) 625-6059

Website: www.myrecreo.health