


Looking out for your brain health?



Join The Claremont Project's pilot **Brain Health Programme**

Open from July - December 2025

Recent research shows that lifestyle factors, such as physical activity and social connection, can have a big effect on your brain health as you get older.

We want to collaborate with people over fifty-five to create a three-month programme of activities that supports healthy brain habits.

Get Involved!

If you're over fifty-five and looking for a new way to stay sharp, then this is the programme for you!

You will be able to try a new activity and learn about all the things you can do to take care of your brain.

Check-in with your Brain

Get support to stay sharp and lead a brain-fit lifestyle.



Pick Up Something New

Get free entry to one class per week, chosen from Claremont's in-house timetable of **fitness, creative, dance and social activities**.

Interested?

Email Chiara at chiara@claremont-project.org or follow the link below to sign up and learn more.



The Claremont Project

24-27 White Lion Street, Islington, N1 9PD