

Joy Nanda



Brain Health Educator, Speaker

Joy is an expert in helping smart people preserve brain health and remain fully present for their lives at any age.



Joy Nanda, PhD

Shares lifestyle changes to prevent and delay the onset of dementia and other brain health problems.

Presentations & Teaching

- ★ McLean Meditation Teacher Academy
- ★ Sedona Yoga Festival
- ★ The Sedona Women
- ★ Case Western Reserve University
- ★ American Anthropological Association
- ★ Osher Lifelong Learning Institute
- ★ International Association of Healthcare Educators

Services Offered in Sedona and at Your Site

- ★ Keynotes
- ★ Workshops & Classes
- ★ 3-Day Retreats
- ★ One-on-one Consultations
- ★ Healing Sessions

Presentation Topics

- ★ Happy Brain, Healthy Life – How to Stay Mentally Fit as You Age
- ★ Meditation: Therapy for Your Brain – Using Meditation as Therapy for Brain Dysfunction
- ★ The Joy-Full Brain Health Program

Learn more about Joy's work at JoyNanda.com or [FaceBook.com/joynanda](https://www.facebook.com/joynanda)

"Thank you so much for your informative and fun presentation. I learned a lot and heard nothing but positive feedback from the crowd". Paula

"This was the best, most informative, and most useful program I have attended since I joined The Sedona Women."

Brain Health from a truly holistic approach incorporates all we have learned from modern neuroscience and nutrition studies, as well as the ancient wisdom of yoga and meditation through contemplative traditions.

Joy Offers a Balanced Approach to Brain Health

"You successfully spoke to all segments of our group, including those with traditional medical backgrounds and those who are more interested in alternative approaches to healthy aging." Kay



Learn more
about Joy's work
at JoyNanda.com or
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