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For Immediate Release

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HMCPL News: Train Your Brain With BrainHQ

Huntsville, Ala. —The Huntsville-Madison County Public Library is making the BrainHQ online brain-training platform available, without charge, to library members, who want to maintain or improve cognitive performance. **BrainHQ is generously supported by Dr. Noel and Betsy Estopinal.**

“HMCPL is excited to offer BrainHQ to our community. We are fortunate with generous donor support to be able to connect our community with this unique brain health program, and I hope library users will find it to be a beneficial addition to our library services,” said Connie Chow, Executive Director of the Huntsville-Madison County Public Library.

BrainHQ is unique among brain training offerings, because its exercises and assessments have been shown beneficial in more than 140 peer-reviewed articles in medical and science journals.

Across varied populations, BrainHQ exercises have been shown to improve performance on standard measures of cognition (e.g., attention, speed of processing, memory), as well as in measures of quality of life (e.g., self-rated health, mood, confidence and control), and in real world activities (e.g., balance, driving, and everyday cognition).

BrainHQ is designed to be for everyone. Each BrainHQ exercise continuously adapts to an individual user's performance, challenging the user with progressively tougher activities. Users can track their progress and compare their scores to other users in their demographic.

BrainHQ users have two convenient ways to access the resource: (1) through the public computers at HMCPL, or (2) remotely on many Internet-connected devices, such as home computers, laptops, tablets and smartphones. All that is required is a valid library card and PIN.

Typically, subscribers pay a monthly or annual charge for access to these exercises, but they are now offered for free through HMCPL.

To learn more about BrainHQ, visit hmcpl.org/databases/brainhq

Visit hmcpl.org/getting-started to learn how to get your library card today.



Now Available!
hmcpl.org/databases/brainhq

*Generously supported by
Dr. Noel & Betsy Estopinal*



About HMCPL

This is the public's library. Huntsville-Madison County Public Library (HMCPL) is a nonprofit 10-branch system that serves all of Madison County, Ala. For 200 years, the library has been dedicated to enriching the educational, recreational and cultural lives of communities in Madison County through materials, information and programs that foster a lifelong love of learning.

Huntsville-Madison County Public Library | hmcpl.org

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