

## Body/Brain BOOGIEMAN

Jeff Haebig, Ph.D., BBB

**Jeff Haebig** (some call him ‘hey big Jeff’) is the country’s Rock n’ Role model, dancing up a brainstorm. He shakes, rattles, and shows how the body/brain learns best through movement, supported by neuroresearch.

### TOTS – TEENS – ADULTS – ELDERS

**Catch the beat on current body/brain science...** get a leg-up on highly effective ways to live and learn vibrantly through enjoyable movements.

**Elevate your body/brain energy in a heartthrob!**  
**Sharpen your focus! Boost your attention greatly!**  
**Extend your memory! Expand your learning capacity!**



### HOT BODY – COOL TOPICS

**Jeff puts hip-to-lip**, inviting your host, audience, listeners and readers to boogie along and learn firsthand how to invigorate their body/brain through sensory-motor stimulation. The science of cells/systems are taught while making the hippocampus hop, synapses sing, and cerebellum ring.

- **Leave NO child behind** developmentally – through fun neuro-stimulating movements.
- **Postpone dementia** until you’re deceased – through body/brain-enhancing movements.
- **Help remediate ADHD** (Attention Deficit Disorder) -- through vestibular movements.
- **Stimulate the body/brain** without nicotine and caffeine with gross-motor movements.
- **Calm excess stress**, living and learning duress with mindbody ‘balancing’ movements.
- **Build early reading**, writing and math success using fine and large motor movements.

### BOOGIEMAN BIO

**1943** Jeff Haebig, BB, the Boogie Baby was born.  
**1966-97** Taught Middle High School Physical and Health Education in Rochester, Minnesota.  
**1984** Started Wellness Quest, coauthoring a series of *Health Care-toons* and *Toon Ups!* books.  
**1997** Became the Body/brain Boogieman working with teachers, students, and families around the country, producing body/brain-enhancing teaching books and *Body/brain Boogie* video.  
**2006** Moving the message forward; expanding the Body/brain **BOOSTER TEAM** of experts.



### FOR MORE INFORMATION

Visit [WellnessQuest.com](http://WellnessQuest.com) & [BrainBoogie.com](http://BrainBoogie.com)  
Toll-free: 888-388-WELL Cell: 507-202-1271  
1541 7 1/2 Avenue NE, Rochester, MN. 55906