

Virtual Brain Fitness Academy



**Brain Fitness
Academy**

Enriching the Lives Of Individuals with Memory Challenges

Maximizing the health and well-being of individuals living with mild cognitive impairment and early dementia by offering a curriculum-based program that highlights capabilities and focuses on success. Program sessions are held utilizing the Zoom platform.

Brain Fitness Academy makes a difference! From a Member

“Virtual Brain Fitness groups have worked out so well for me! It feels good to stay connected to friends and engage my brain.”

“I’m so proud of myself that I learned how to log into the ZOOM meeting all by myself. Now I’m ready to try other things on the computer. I feel like I’m using the skills I had when I used to work many years ago. It’s a good feeling!”

From a Care Partner

“Brain Fitness is so helpful in keeping my mom engaged and occupied. So glad you have offered the class through Zoom!”

Consider joining a Brain Fitness Academy if you:

- ◊ Would like to participate in activities that support brain health
- ◊ Are experiencing memory challenges
- ◊ Want to stay active and engaged

Members have opportunities for:

- ◊ Socialization
- ◊ Mental Engagement
- ◊ Light physical exercise
- ◊ Friendship
- ◊ Fun

Brain Fitness Academy offers
three 14-week semesters annually.

Virtual sessions take place twice weekly
for 2 hours each day

For more information:

Visit the website: www.BrainFitnessAcademy.org

Email: info@brainfitnessacademy.org

Call Crystal: 321-222-7475