

## Our Program:

The Brain Builders Program is designed to assist anyone avoid "cognitive decline" through various exercises, activities, memory training, and sensory modalities. This is an appropriate program for those experiencing Dementia or Alzheimer's, Traumatic Brain Injury, Memory Loss, Head Trauma, and any and all Neuro-Compromising conditions.

The ONLY program of its kind, Brain Builders strives to create specialized learning experiences to establish new neuro-synapses in the aging, damaged, or "inactive" brain. Our philosophy is simple:

- **Body Movement** (all parts of the body!)
- **Brain Activation** (all parts of the brain!)
- **Memory Training** (all memories - short term/long term)



Mindfulness



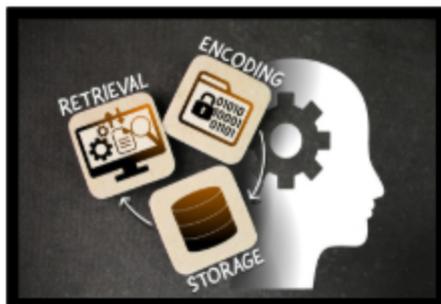
Body Movement



Critical Thinking



Companionship



## CONTACT US:



(818) 645-4692



[www.BrainBuildersUSA](http://www.BrainBuildersUSA)



[info@brainbuilders.com](mailto:info@brainbuilders.com)



Studio and Mobile Classes Offered



*"Life itself is a privilege, but to live life to the fullest, well, that is a choice."*

**Choose Brain Builders.**

Almost all risk factors associated with poor brain health can be improved with the right strategies in place! We have them!

Studio and Mobile Classes Offered

## What We Do:

We are committed to delivering thoroughly designed exercises and activities that foster:

- Eye-Hand Coordination
- Fine Motor Movements/Tasks
- Problem Solving Abilities
- Logic & Deduction Activities
- Sensory Stimuli
- Social Learning and Adaptation
- Emotional Intelligence Training
- Brain Games
- Decision Making
- Critical Thinking Opportunities

Participation in these experiences successfully create new neural pathways in the brain and brings us one step closer to Neuroplasticity. And... it's FUN!



## Some of our Offerings:

- Brain Gym 101
- Tai-Chi
- Neuro-Dance
- Big Body Movements (Music)
- Yoga/Stretch
- Drum Circles
- Sensory Art
- Sound Healing
- Creative Art Expression
- Sign Language
- Meditation/Mindfulness
- Trivia Time
- Puzzle Palooza
- BINGO
- Hemispheric Happy Hour
- Breathwork
- Traditional Arts & Crafts
- Dance Party
- Social Synergy Sessions
- Brain Games
- Holistic Healing Modalities

... and more!

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## PRIORITIES:



## Brain Activation



## Socialization



## Memory Training

Private or Group Classes Offered