

Brain WorkOut

Brain WorkOut is designed for those 17 years and older. This 12-14 week program is an intense cognitive enhancement program that corrects and improves brain processing skills.

The 40+ program recognizes the fact that as we age, so does our brain. Just as we need to exercise the muscles in our body we also need to exercise our brain to retain or retrain our maximum potential.

This program addresses:

- Adult ADD/ADHD
- Auditory Processing
- Memory Issues and Multi-tasking
- Retrieval of Information
- Cognitive Abilities
- Depression/Anxiety
- Stress that impacts our daily work and home life

The program is individualized and incorporates the latest advancements in brain exercises and activities so that each person can get the most out of their work...play...life.