



Brain Gym

NeuroWell Brain Gym provides a comprehensive approach to targeting cognitive and physical function. The program promotes strength, mobility, communication, and cognitive skills.

If you have difficulties because of a stroke, mild cognitive impairment, or other brain conditions, this program is for you! Brain Gym programming is structured through evidenced based research on the validity of pairing cognitive and physical activities.

Sharpen your ability to:

- Organize
- Solve problems
- Focus and pay attention
- Find words and express ideas
- Remember what you see and hear

Promote physical function:

- Strength
- Balance
- Cardiovascular activity

Additional information:

- Physician approval is needed for participation in the exercise components of the class
- Classes are a group format to promote collaboration and connection.
- Professional guidance to ensure you get the most out of your Brain Gym experience

Program Details

- 55 minute classes alternating physical and mental exercise sets
- Mental exercise practicing key brain training skills
- Physical exercise to target strength, endurance, flexibility and balance

Getting started

- Please call **651-495-6704** or email **neurowell@healthpartners.com**



Visit myneurosciencecenter.com to view the full guidebook or scan the QR code to download.