

To learn more about Mind University offerings, please contact us at **248.788.MIND** or **MindU@jfsdetroit.org**

Mind University is a cognitive wellness initiative from Jewish Family Service and JVS Human Services.



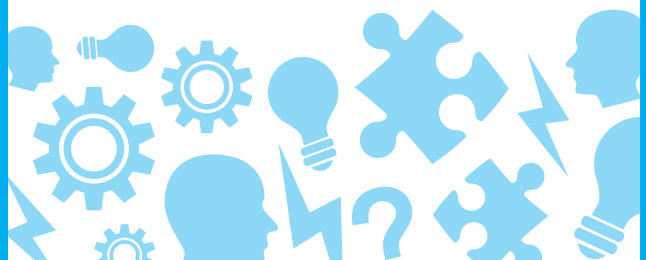
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Put Your Best Brain Forward



BRAIN HEALTH 101

Just like the rest of our body, our brains also change as we age. If we notice differences in our vision or hearing, we can turn to reading glasses and hearing aids for support.

**But what can we do for our changing brain?
Turns out, quite a bit!**



Our brains have a built-in ability to adapt, change and, in some cases, rewire; a process known as neuroplasticity.

MIND UNIVERSITY

Research indicates that participation in new and different activities outside your usual routine can help keep your cognitive function in good shape. Mind University offers opportunities to challenge our brains in ways that promote this neuroplasticity, including:

- **Mind Aerobics classes**
- **Gray Matters monthly wellness workshops**
- **One-on-one family consultations**
- **Community presentations**
 - Brain health
 - Mental stimulation and neuroplasticity

MIND AEROBICS



Just like you need to exercise regularly to keep your body in shape, your brain also requires a workout to reach its peak performance.

Mind Aerobics is an innovative, evidence-based program developed by the New England Cognitive Center to help adults maintain or stimulate their brain.

Unlike other programs that only focus on one or two cognitive areas, Mind Aerobics was developed to systematically stimulate six critical brain functions:

- **Reaction time**
- **Visual/spatial skills**
- **Attention and concentration**
- **Memory**
- **Language**
- **Problem solving**



Mind Aerobics classes are organized by cognitive level and participants are grouped into classes based on their cognitive function. Each level has 24 sessions that gradually increase in difficulty over the course of 12 weeks, helping to maximize the brain's potential for neuroplasticity. Classes are conducted by a trained Mind Aerobics instructor and promote socialization while exercising your brain – **no workout clothes required!**