



Brain care as  
*unique as you.*



## Every person *is unique,* and that means every brain *is unique.*

As we age, we need to put our brains first. They're the center of our memories, our hobbies, or body's functions and independence. But just as everyone follows different diet and exercise routines through aging, they should follow different cognitive routines.

Mind University looks at where your cognition is now and where you can improve. Then, it matches you with Mind Aerobics programming and ends with an assessment to see how far you've come.

**Ready to put your best "you" forward? Learn about Mind University's programs.**



## Options for everyone & *every need.*

From weekly courses to free workshops and community presentations, Mind University offers different classes and courses for you.

### MIND AEROBICS CLASSES

Give your brain a full workout with these evidence-informed cognitive training classes. Mind Aerobics is a fun and interactive series that targets all six critical cognitive areas of the brain.

### GRAY MATTERS MONTHLY WORKSHOPS

This free monthly series features outside speakers who have expertise in brain health. Topics go beyond medicine to music, art, yoga, stress management and more.

### ASSESSMENT AND ANALYSIS

What cognitive areas do you need to keep working on? What are your areas of strength? Our assessments and analyses help identify the type of training you need and match you to classes for your cognitive level.

### COMMUNITY PRESENTATIONS

Belong to a group that's eager to learn about brain health? Our Mind University team can provide informative, engaging presentations to your community group.



# A cognitive workshop *like no other*

Puzzles and online games can keep your brain sharp, but they don't translate to real-world results. That's where Mind University stands out. Our evidence-informed program focuses on each area of cognition and your unique cognitive needs during aging.

Mind University is the only program of its kind in the Metro Detroit area, addressing all six areas of the brain at once. It has over a decade of research and proven outcomes and has earned a backing from the New England Cognitive Center (NECC).

## A comprehensive approach to cognition.

Mind University's approach addresses all six areas of your brain for the best results.

### REACTION TIME

How quickly your brain processes and reacts to information.

**With cognitive decline:**

Taking longer to hit the brakes after a traffic light changes.

### VISUAL SPATIAL SKILLS

A measure of depth perception and field of vision.

**With cognitive decline:**

Tripping on a cord or object because it seemed closer/further away.

### ATTENTION AND CONCENTRATION

The ability to focus and tune out distractions.

**With cognitive decline:**

Turning the page of a book and forgetting what you just read.

### MEMORY

Remembering what you see, hear, read and do.

**With cognitive decline:**

Forgetting where to go from a map, what a doctor said in an appointment, what you read on a note or how to get out of a building.

### LANGUAGE

Verbally expressing how you're feeling or what you need.

**With cognitive decline:**

Difficulty saying what is wrong or retrieving the right words

### PROBLEM SOLVING

The ability to sort through information and find solutions.

**With cognitive decline:**

Falling victim to a phone, mail or online scam.

## Our proven *three-step* process.

### STEP 1

#### ASSESSMENT

After an initial assessment, participants are grouped into Mind Aerobics classes with others on a similar level.

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### STEP 2

#### MIND AEROBICS COURSES

Courses are 12 weeks long with 24 sessions that gradually increase in difficulty. This cadence maximizes the brain's potential for neuroplasticity. Classes are in-person to promote socialization and hosted by trained Mind Aerobics instructors.

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### STEP 3

#### ANALYSIS

At the end of your 12-week program, sit down with an instructor and review your progress. If there are additional areas for improvement, an instructor will help you determine next steps.

## Real results for the *real world*.

Individuals of all ages have benefitted from Mind University programs.

The truth is, it's never too early to put your brain first. Courses can help slow cognitive decline, maintain your brain level or even improve your cognition.

If you or someone you know could benefit from Mind University, contact our team to learn more.

Call **248.788.MIND** or email **MindU@jfsdetroit.org**



# Get started with cognitive care *customized* to you.

Learn more about Mind University's offerings at **248.788.MIND** or **MindU@jfsdetroit.org**



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