

# MindSense

## Cognitive Enrichment Program

### STATISTICS

# 40%

OF PEOPLE OVER 65  
HAVE AGE ASSOCIATED MEMORY  
IMPAIRMENT

1 in 5 women  
are diagnosed  
with dementia

1 in 10 men  
are diagnosed  
with  
dementia



<https://braintest.com/dementia-stats-u-s-worldwide/>

### THE BRAIN AS WE AGE

Loses its neuro-plasticity and decreases its synaptic connections

- cognitive decline
- reduced attention span
- trouble with focus and concentration
- decrease emotional and social abilities
- decline in spatial recognition and informational processing



### REBUILDING THE COGNITIVE RESERVE THROUGH COGNITIVE STIMULATION

Research has shown that increasing cognitive reserve can help protect against neurodegenerative diseases and improve overall brain functioning

