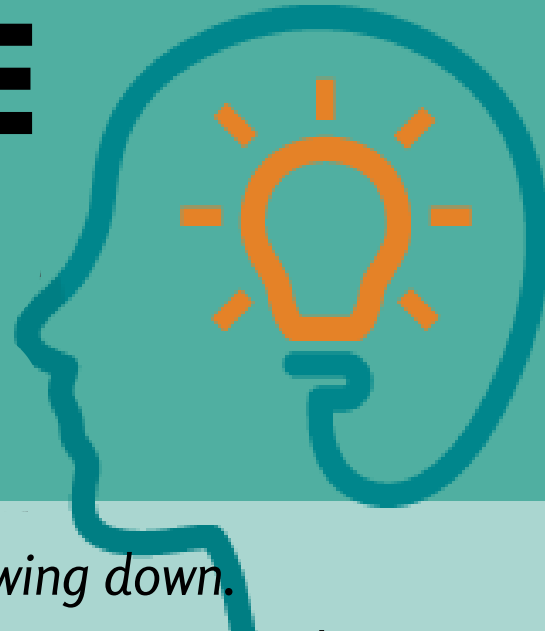


MINDSENSE LIGHTS UP LIVES!



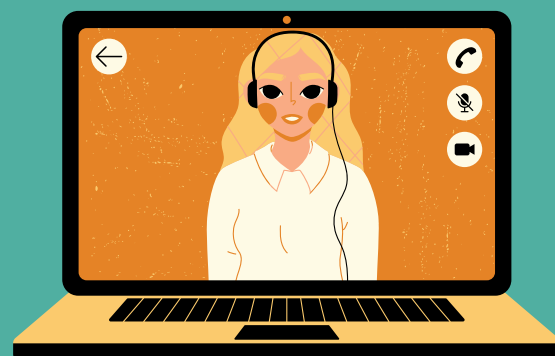
*Aging doesn't have to mean slowing down.
MindSense is a cognitive & social enrichment program that re-engages curiosity and creates joyful interactive experiences that improve health and well-being.*



IN-HOME



OUT-OF-HOME



VIRTUAL

"The structure and creativity has totally elevated her day and is a very personal, meaningful experience."

-Samantha Fox, C-ASWCM, ALCA Geriatric Care Manager

"I am thrilled with the attention Bill receives from your team! I couldn't be happier with the service & with the great communication. Thank you so much."

-Martha Kinney, Client Family Member

HERE'S HOW IT WORKS:

Our enrichment specialists review health history, cognitive abilities, and social interests. We then tailor individualized sessions that invigorate the mind, body & soul. Sessions can be in person or virtual and can be at home or community based with planned outings for cultural experiences. Our team is fully vaccinated and upholds the highest standard of PPE during visits.

ACTIVITIES CAN INCLUDE:

Arts & crafts, poetry & literature, puzzles & memory games, armchair travel, fashion, history, horticulture, dance & exercise, science projects, cultural outings, & memoir writing just to mention a few!

**CALL TODAY FOR A COMPLIMENTARY
TRIAL SESSION!**



<https://www.health-sense.org/mindsense/>



916.934.9861



esorensen@health-sense.org



@mindsense_nyc