

# ***OPTIMAL LIVING FOR THE AGING AND THE AGED***

## ***THROUGH NEUROMINDFULNESS***



### ***Keeping the Body and Mind Active***

**This** movement-based, innovative, brain stimulation program is supported by the latest discoveries in neuroscience and mindfulness research about the brain's plasticity to build new neuro connections throughout all stages of our life. Research studies discovered that movement -based sensory modalities slows down or reverses some of the effects of aging.

There is a link between success in the body and success in the brain. You need to keep both active to maintain an overall healthy body.

As we age our bodies can naturally regress and can become fearful. This program addresses this challenge through adopting techniques to support a person's emotional and physical well-being. It also supports individuals and their families living with Alzheimer's and Parkinson's disease to soften their day to day challenges.

This program addresses:

- ✚ Co-ordination and Mobility
- ✚ Balance - reducing falls
- ✚ Memory and Concentration
- ✚ Limiting Behaviour
- ✚ Increase mental clarity, vitality and outlook
- ✚ Vision and Hearing
- ✚ Independence
- ✚ Stress management and personal coping strategies
- ✚ Motivation to learn something new
- ✚ Joy, Laughter and Inner Peace



***For a Free 30 Minute Consultation on how this Innovated Program  
SUPPORTS INDIVIDUALS, OFFERS GROUP CLASSES OR BLENDS IN WITH  
PROGRAMS ALREADY IN PLACE***

**Contact Marianne at: [info@marianneknox.com](mailto:info@marianneknox.com) 815.306.0395**