

Ready to put your best brain forward?

To learn more about Mind University offerings, please contact the Jewish Family Service Resource Center at **(248) 592-2313**.



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*Realizing Life's Potential*

[www.jvsdet.org](http://www.jvsdet.org)

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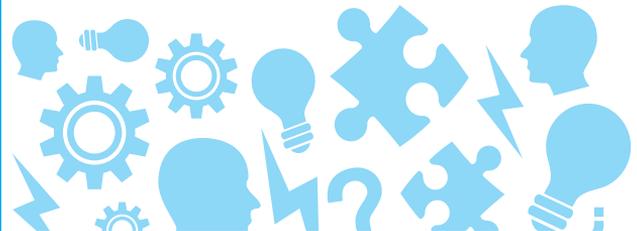


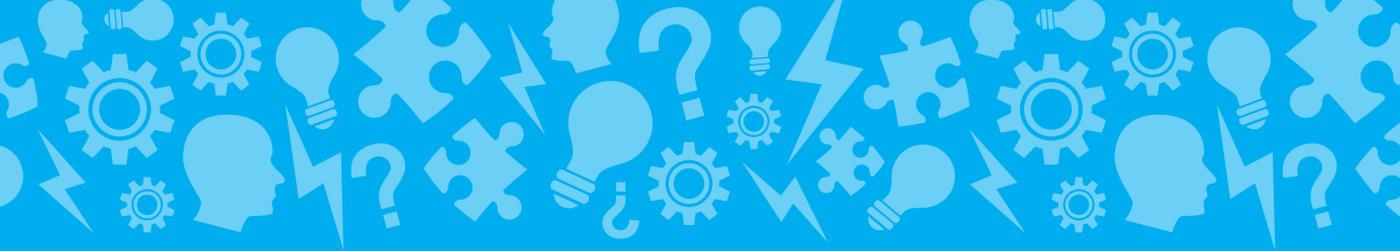
# MIND UNIVERSITY



*Put Your Best Brain Forward*

A cognitive wellness initiative from  
Jewish Family Service and JVS





## BRAIN HEALTH 101

Just like you need to exercise regularly to keep your body in shape, your brain also requires a workout to reach its peak performance. The basics to keeping your brain healthy include:

- **Mental stimulation**
- **Good nutrition**
- **Regular exercise**
- **Social activities**
- **Spiritual engagement**

 Research indicates that lifestyle choices such as exercise, socialization and participation in new and different activities outside your usual routine can help keep your cognitive function in good shape. Mind University, through classes and resources, focuses on the basics of keeping your brain healthy:

- **Mind Aerobics**
- **Health and wellness workshops**
- **Family consultations and support to address driver cessation, caregiver issues, and other concerns**

## MIND AEROBICS

At the center of Mind University is Mind Aerobics, an innovative, evidence-based program developed by the New England Cognitive Center to help adults maintain or strengthen their brain function.



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

- **Reaction time**
- **Visual/spatial relations**
- **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. Conducted by a certified Mind Aerobics trainer, each session has 5-12 participants, which promotes socialization while exercising your brain...no workout clothes required.