

Benefits of MindWorks

- * Creates and maintains social connections
- * Develops helpful memory strategies
- * Increases knowledge through educational opportunities
- * Informs about useful community resources
- * Exercises your brain and your body
- * Provides caregivers support
- * Connects you to a supportive and fun group

For Further Information

Call

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or

(920) 225-1708

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Lutheran Social Services

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MindWorks

*A program for people
experiencing early memory loss*



MindWorks is...

- For individuals experiencing mild memory loss
- A memory enhancement program based on current research and successful programs
- A supportive place for members to proactively work on their brain fitness
- An avenue to connect with others who understand memory loss challenges
- A fee-based class that brings members together for two days a week, four hours each day

Here's what our clients had to say...

"I love the upbeat attitude, being around others with similar experiences, and enjoy the various activities. I even enjoy having my grandchildren help me with my homework!"



"I can't say enough about the very positive way in which the program has been beneficial to my mother. She truly looks forward to each class, the socialization, fun games, and of course lunch!"

A Typical Day at MindWorks

- Warm-up with humor, trivia, and news
- Discuss the topic of the day
- Engage in creative activities
- Dine with fellow participants
- Participate in a physical activity
- Exercise the brain
- Review the day