



## OPICA Brain Train Online & In Person

OPICA is excited to offer our OPICA Brain Train Program both online and in-person. This allows OPICA Brain Train members to connect with their peers and find support in Los Angeles and throughout California.

The **Online program** is 2 hours, and consists of: brain focused yoga/ meditation, support check-in, and cognitive stimulation.

**Every Monday:** (Friendship Group) 1:00pm – 3:00pm  
**Every Wednesday:** (Brain Train) 1:30pm – 3:30pm  
**Cost:** \$260 per month

The **In Person program** is 3 hours, and consists of: brain focused yoga/ meditation, support group, lunch, and cognitive stimulation.

**Every Monday:** 11:00am – 2:00pm      **Optional Art Class:** 2:00pm – 3:00pm  
**Every Tuesday:** 11:00am – 2:00pm      **Optional Art Class:** 2:00pm – 3:00pm  
**Every Wednesday:** 11:00am – 2:00pm      **Optional Art Class:** 2:00pm – 3:00pm  
**Every Thursday:** 11:00am – 2:00pm  
**Cost:** \$475 per month      **Optional Art Class - Cost:** \$25 per month

OPICA Brain Train is specifically designed for individuals experiencing **early-stage memory loss**. Program components are designed to help individuals find healthy ways to cope with their emotions, learn techniques to support memory, enhance creativity and provide opportunities for friendship and socialization.

OPICA also offers Online Caregiver Support additional monthly cost of \$120 and provide peer-to-peer support, a greater understanding of dementia, and specific care management strategies.

For more information, please contact Angele Caron at [angele@opica.org](mailto:angele@opica.org) (in person group)  
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