



OPICA Brain Train via Zoom

Due to the potential transmission of COVID-19, OPICA is offering Brain Train online through Zoom

OPICA is excited to bring our OPICA Brain Train Program to an interactive online format. This will allow OPICA Brain Train members to connect to their peers, find support, and continue to gain the benefits of the program.

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

Times:

Every Monday: 1:00 pm - 3:00 pm

Every Thursday: 1:00 pm - 3:00 pm

Cost: \$225 per month

OPICA Brain Train was specifically designed for individuals experiencing **early-stage memory loss**.

OPICA's Brain Train is delivered by a professional multi-disciplinary team. 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.

OPICA's Caregiver Support Groups are also available at an additional monthly cost of \$100.00 and provide peer-to-peer support, a greater understanding of dementia and specific care management strategies.

For more information, please contact Cheryl Beck-Benjamin at cheryl@opica.org
or call (310) 478-0226
www.opica.org