

Are you concerned about **your brain and memory?**

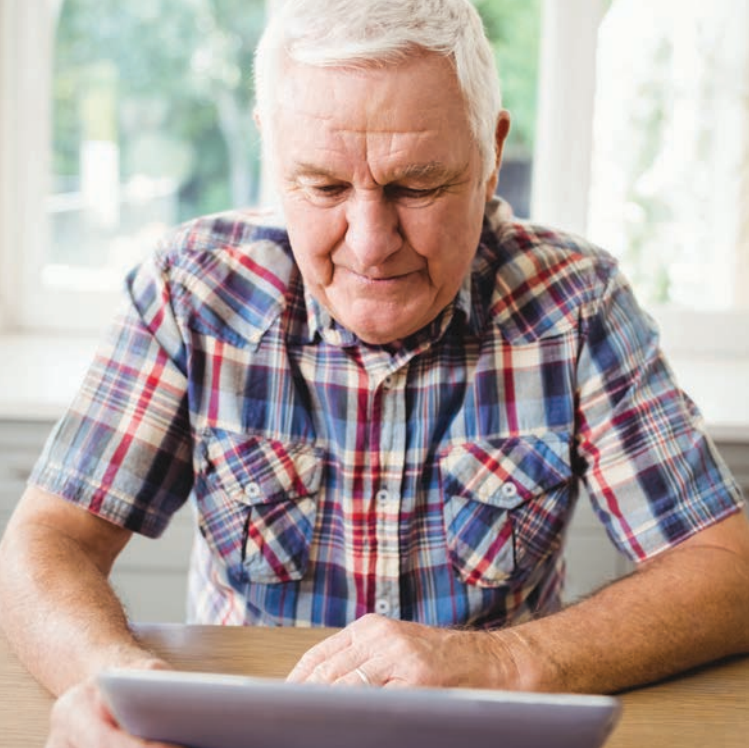
Based on the latest research into brain and memory health, integratedliving are now offering their internationally recognised program, which is proven to enhance the health of your brain!

Through a series of classes, you will undertake testing and screening to measure your current brain health and then through memory wellness exercises, support tools and your course leader the improvements start!

For more information:

1300 782 896 | integratedliving.org.au





“I feel sharper and can think faster. My memory improved. Inspirational, life changing”

Jack, 91

This program will run for 16 weeks:

- Pre and post program Clinics;
- Two-hourly group sessions over 14 weeks with an iPad and a Participant Guide;
- Qualified health professionals consultation as required.

To be eligible you must:

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- Be concerned about your memory or interested in brain training;
- Have a My Aged Care Referral.