



Health sessions/activities available and offered by ARC:

Developed by CISSS Cavendish, Jog your Mind is intended for seniors who are worried about cognitive changes related to normal aging. It is not meant for seniors with Alzheimer's disease or any other type of dementia, since experts have stated that learning based memorisation programs can make these people feel frustrated.

The ten-session program is designed to be offered to groups of 5-15 seniors. Future sessions will be announced on our website and Facebook page.

Jog your mind (10 sessions):

Session 1: Everything you need to know about cognitive functions. (Intro to the program)

Session 2: When your neurons start going grey

Session 3: Keep moving to stay fired up

Session 4: Our memory makes a lot of sense!

Session 5: Well-being in middle age, it's a question of balance

Session 6: Less stress, more peacefulness

Session 7: The map of your memory lives in your memory

Session 8: We can make creativity our ally

Session 9: Eat well to think well

Session 10: The key to vitality is to stay active and involve