

What is Fit Minds™?

Fit Minds provides cognitive stimulation in group or individualized programs for healthy seniors, those with memory impairments and dementia. We service clients in-home virtually and senior living communities.

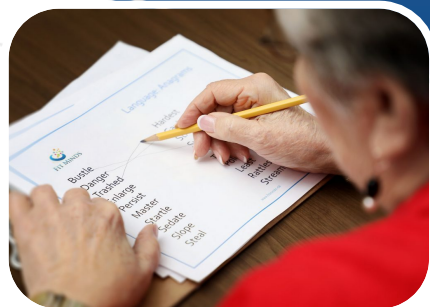
Fit Minds exercises five key areas of cognition:

1. Language and Music
2. Visual/Spatial Orientation
3. Memory
4. Critical Thinking
5. Computation



- Coaches establish Meaningful Relationships with clients and family members
- Individualized and personalized program to each client's level of cognition

Customized Programming to Individual Needs



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Senior Living Communities

Be a Leader in Offering Cognitive Stimulation Therapy

Fit Minds™ programs are used across the USA and Canada serving hundreds of senior living communities. Cognitive Stimulation Therapy (CST) is widely accepted in several countries around the world with research-based evidence of effectiveness. Fit Minds™ cognitive stimulation programming is designed to Improve Quality of Life, Enable Meaningful Relationships with Family and Build Cognitive Resilience for healthy seniors and those with all levels of dementia or cognitive impairment.



- Improve Quality of Life
- Meaningful Engagement



- Rely on dependable, professional colleagues who can successfully engage your residents
- Monthly reporting and feedback on client's cognitive abilities and engagement

3 UNIQUE OFFERINGS:

- 1 on 1 Personal Trainer for the Mind™ Sessions
- Virtual PTFM™ Coaching
- Group Programming

Certified
Professional
Coaches

www.fitminds.net