



MasterMind

at River House

Train Your Brain!

GADC River House is starting its winter MasterMind Program this February. The MasterMind Program is an 8 week mind stimulating course taught by Lori Contadino, MS, a Gerontologist with over 25 years experience.

While regular physical exercise is essential in maintaining health and well-being throughout the course of life, so too is strengthening mental abilities. It is important to regularly engage in activities that challenge and stimulate the mind; this can actually increase the efficiency and power of mental abilities.

River House offers a variety of classes to accommodate all levels of ability. Participants in this weekly program will engage in challenging and fun activities to enhance memory, verbal fluency, flexible thinking, attention and communication. It has been found that mind fitness programs conducted in a small group setting may not only improve brain function and reduce stress, but also increase socialization which in turn elevates mood.

The fee for the 8 week course is \$75. Each course will run until the end of March and will be held at GADC River House, 125 River Road Ext., Cos Cob, CT. For additional information, or to schedule an appointment, contact Lori Contadino at 622-0079 x113.

Space is limited so don't delay!

MasterMind Participant

"Lori was excellent. She was interesting and interested. She was buoyant. She was compassionate. She asked us what we wanted from the course and tailored her classes to our needs and wants. At the end, Lori went over everything we had learned and the list was truly amazing."

Caregiver of a Participant

"I have seen a difference in her handling of matters such as trying to become better organized and continually trying to 'exercise' her brain with the games she has learned. I have seen my mother become less stressed and less fearful of 'forgetting', and she reminds herself to concentrate more on what she can do and what she can remember. My sisters and I are thankful to Lori for getting through to my Mom, and for helping to build her confidence."