



An Evidenced Based Solution for Older Adults, Their Families, and the Professionals Who Take Care of Them

Wellness Programming for Older Adults

- Meditation series for those with or without cognitive impairment
- Effective tools to minimize late day confusion
- Sample workouts for cardio and strength training
- Centered breathing and stress reduction tools
- Digital and interactive cognitive exercises
- Wellness and brain health programming
- Certified Health Coaching

Employee Based Retention Program

- Evidence-based activities for stress reduction
- Sample workouts for cardio and strength training
- Centered breathing and meditation videos
- Digital and interactive cognitive exercises
- Wellness programming and brain health tools
- Analytics to measure turnover cost and engagement
- Certified Health Coaching

Caregiver and Family Engagement Tools

- Holistic approach to wellness and brain health
- Sample workouts for cardio and strength training
- Centered breathing and stress reduction tools
- Digital and interactive cognitive exercises
- Health strategies and tips to manage stress
- Confidential stress management tools with action plans
- Certified Health Coaching