

GIRSH COGNITIVE ENRICHMENT PROGRAM

The Myers L. and Marilyn R. Girsh Cognitive Enrichment Program is designed for individuals with mild to moderate neurocognitive impairment who are seeking cognitive stimulation. We created this program based on the latest science on brain health and cognitive enrichment.



Fun, Camaraderie and Hope

Our person-centered approach means that all activities offer fun, camaraderie and hope. Clients generally meet for two hours, twice a week. Led by a trained social worker or psychologist, the program consists of mentally stimulating activities and occasional field trips, including:

- **Book club**
- **Chair yoga**
- **Creative arts**
- **Discussion groups**
- **Humor**
- **Memory exercises/games**
- **Music therapy**

