

Brain Health and Wellness Coaching



HARVARD MEDICAL SCHOOL
AFFILIATE

Deanna and Sidney Wolk Center for
Memory Health at Hebrew SeniorLife

EMPOWER YOUR MIND: BEGIN YOUR BRAIN HEALTH JOURNEY!

Coaching empowers you to make meaningful lifestyle changes that promote cognitive well-being. These changes can prevent or delay dementia by over 45%, even if you already experience some cognitive decline. Whether you're looking to maintain brain health, reduce dementia risk, or manage symptoms, we are here to guide you every step of the way.



SET GOALS FOR YOUR:

Nutrition

Sleep

Cognition

Life Satisfaction

Physical Activity



COACHING HIGHLIGHTS:

Personalized Goals

Positive Mindset

Sustainable Habits

Guidance and Support

Reduce Risk for Dementia

START MY JOURNEY

Contact us today for more information or to start your brain health journey with our committed, certified, coach:

Rachel Fox

617-363-8664

RachelFox@hsl.harvard.edu

We will help you identify your priorities and choose strategies that work best for you, putting YOU back in control. With coaching, you have a guide to support you, encourage you, and help you gain the tools and motivation needed to sustain new habits!



Empower yourself with transformative brain health and wellness coaching, and start moving in the direction of a happier, healthier, you!

Supported by the Eleanor and Herbert Bearak Memory Wellness for Life Program