Group Brain Health Coaching: Frequently Asked Questions

Community, Connection, and Cognitive Resilience

At the Wolk Center for Memory Health, our coaching is designed to help you take control of your health by setting and achieving personal goals alongside a small group of peers. While clinicians provide expert recommendations, it can be difficult to stick to "what the doctor ordered" alone. Group coaching gives you the shared tools, mutual encouragement, and professional support to make changes that work for you—on your terms.

Why Choose Coaching at the Wolk Center?

We offer a unique, evidence-based approach to cognitive wellness that combines clinical expertise with professional health support.

- **NBC-HWC Certified Expertise**: Your sessions are led by a National Board Certified Health & Wellness Coach (NBC-HWC) who is trained in facilitating groups. This means your coach has met the highest standards of training and education in the industry, ensuring you receive evidence-based strategies to facilitate lasting lifestyle changes.
- **What this means for you**: As an NBC-HWC, I am trained to help you tap into your own internal motivation. Rather than just giving advice, I partner with the group to help each member create a sustainable plan that honors their unique health journey.
- **Focused Shared Goals:** Each group is organized around a specific modifiable factor that every member shares as a priority, such as exercise or nutrition. This allows the group to move together under a common objective, though every member has their own unique journey and goals.

The Benefits of Group Coaching

Research shows that addressing modifiable risk factors—such as physical activity, sleep, diet, and staying socially active—could prevent or delay the onset of over 45% of dementia cases.

- **Social Connectivity:** Staying socially and mentally active is a key factor in brain health. Group coaching builds this social engagement directly into your wellness routine.
- **Modifiable Factors:** We focus on areas you can change to reduce individual risk of cognitive decline.
- **Empowerment through Peers:** Adopting new habits is challenging, but having a guide and a group of peers provides the encouragement needed to make important changes.

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Evergreen Brain Health Coaching *at the Wolk Center*

A Community-Driven Path to Better Brain Health, Built for Everyday Life.

The Group Coaching Journey: What to Expect

The program consists of **12 sessions** conducted over a **3-month period**. There will be approximately six members in a group. Before the first session begins, you will complete an individual benchmark form to assess your brain health and the specific modifiable factor your group is targeting.

Visit 1	**Introductions and Expectations**: We go over your brain health benchmarks, introduce ourselves, and set expectations as a group.
Visit 2	**Vision & Goal Setting**: We create personalized visions for ideal wellness and set achievable goals for the week ahead.
Visits 3–11	**Weekly Coaching**: These sessions focus on implementing realistic and sustainable lifestyle changes through group discussion and coach guidance.
Visit 12	**Final Progress Review**: We reflect on everyone's progress and celebrate lifestyle changes.

Location & Format: Coaching takes place in person at the Wolk Center in Roslindale, MA.

Getting Started

- **Who Qualifies?:** We welcome anyone looking to improve their health, including those with mild symptoms, those proactive about brain health, and caregivers.
- **Cost:** The out-of-pocket cost is $500 for the 12-visit program. This is not covered by insurance.
- **Attendance & Payment:** Payment is required before sessions begin and is collected at the first visit. Because group space is limited, we do not provide refunds for missed sessions.
- **Renewal:** If you find the group support beneficial, you can join for the next group or continue with personalized one-on-one coaching sessions.

We're here to help

Whether you are experiencing any symptoms or want to be proactive in protecting your brain health, coaching can help. Call Rachel Fox for more Information: 617-363-8664 or email at RachelFox@HSL.harvard.edu.

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