



Evergreen Brain Health Coaching *at the Wolk Center*

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

Your Mind. A Shared Journey.

Reclaim control of your cognitive well-being alongside others who understand and share your drive. With the power of a group, every small step is more impactful.



You hold
the keys to your
brain health. With
group coaching, small
steps taken together
lead to a brighter
future!

Research shows **over 45%** of dementia cases can be delayed or prevented through lifestyle changes - even if you are already experiencing cognitive decline!

Supporting Our Goals Together

- Nutrition:** Fuel your body & mind
- Movement:** Activity that fits you
- Sleep:** Quality rest & restoration
- Mood:** Reduce stress & build optimism
- Mind:** Keep your brain active
- Motivation:** Find what drives you



Together, let's put YOU back in control of your brain health!

Contact:

Rachel Fox, NBC-HWC
617-363-8664
RachelFox@hsl.harvard.edu

Scan here to
start your
journey!

