Hebrew SeniorLife | HARVARD MEDICAL SCHOOL AFFILIATE

Evergreen Brain Health Coaching *at the Wolk Center*

A Personalized & Supportive Path to Better Brain Health, Built for Everyday Life.

Personalized Brain Health Coaching: Frequently Asked Questions

Empowering You to Take Charge of Your Cognitive Health

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 that improve your quality of life. While clinicians provide expert recommendations, it can be difficult to stick to "what the doctor ordered". Our coaching provides you with the specific tools and 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). 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 you to create a sustainable plan that honors your personal values and unique health journey.
- **Personalized Strategy**: We focus on reducing your specific dementia risk factors and promoting long-term brain health. We will create a plan tailored to enhance your cognitive well-being, manage stress, and adopt lifestyle changes that positively impact your brain and your life.

The Benefits of Your Personalized Plan

Research shows that addressing modifiable risk factors can prevent or delay the onset of over 45% of dementia cases, reducing individual risk by half.

- **Modifiable Factors**: We work together on areas you can change, such as physical activity, sleep, diet, social engagement, and mental activity.
- **Empowerment**: Coaching puts you in the driver's seat of your own health and wellness.
- **Sustainable Habits**: Adopting new habits can be challenging, but I will be your guide to support and encourage you as you discover the motivation to improve your wellbeing.

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Your Coaching Journey: What to Expect

The program consists of **10 one-on-one sessions** conducted over a 3-month period.

Visit 1	**Brain Health Benchmark**: We complete a Brain Health and Lifestyle Questionnaire to look at your current health and identify your personal priorities.
Visit 2	**Vision & Goal Setting**: We will co-create a vision for your ideal wellness and set achievable goals for your first week.
Visits 3–10	**Ongoing Coaching**: Scheduled weekly, these 1-hour sessions focus on implementing realistic and sustainable lifestyle changes.

Location & Format: Sessions take place in person at the Wolk Center in Roslindale, MA. Virtual appointments are also available..

Getting Started

Who Qualifies?: We welcome anyone looking to improve their wellness, including those with mild cognitive symptoms, those hoping to maintain current brain health, and caregivers looking to prevent their own cognitive decline or manage stress. Coaching works well for those who can actively participate in the process by remembering activities or routines from the past week. This helps us tailor strategies to slow progression and promote well-being.

Cost: The out-of-pocket cost is $1,000 for the 10-visit program (not covered by insurance). Payment is collected at the first visit via check, credit card, or debit card.

Renewal: If you find the sessions beneficial, you can renew. Additional flexibility is available regarding frequency and number of 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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