



Evergreen Brain Health Coaching *at the Wolk Center*

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



Your Mind. Your Journey.

Reclaim control of your cognitive well-being. Whether you are staying sharp or navigating new challenges, your daily choices are your most powerful tool.

You hold the keys to your brain health. With personalized coaching, small steps 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!

Personalized Coaching to Reach Your Goals.

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!

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Scan here to start your journey!

