

BERGEN

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*Are you interested in enhancing your brain's longevity?
Or your employee productivity?*



Brain fitness

A program to invigorate your brain

Are you interested in enhancing your brain's longevity? Or your employee productivity? Just as adults preserve their bodies with healthy diets and fitness, they also want to preserve their brains. **The Brain Studio** offers cutting-edge mental agility coaching. The studio's intriguing five-step approach addresses brain fitness by using a variety of materials developed by Dr. Reena Chawla. Director Reena Chawla is committed to customer satisfaction; client feedback shows the program is mind-stretching and improves productivity, self esteem and independence. While some clients come with specific concerns (for instance, a family tendency towards Alzheimer's), Chawla notes she has no specific issues, but rather a general interest in anti-aging care. "Awareness is ammunition," is Chawla's motto and she has built her well-thought-out methods on research-backed practices. Inquire about **The Brain Studio** introductory workshop; there's nothing quite like it!

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