

as experienced at Centre for Adult Cognitive Stimulation "Clara Conrado"

as experienced at Centre for Adult Cognitive Stimulation "Clara Conrado"





socialmente in palestra

since 2009

socialmente → social-mente → SOCIAL-MIND

palestra → GYM



At Socialmente in Palestra **TOGETHERNESS**is not just a word

Working

Working groups
for adults, older people
and also for people
with MCI (Mild Cognitive
Impairment)



At Socialmente in palestra we train attention, language, memory, orientation and reasoning



Suggested attendance twice a week 9:00 – 12:00 a.m.



a cognitive psycologist
a professional educator
a graduated in physical education

Contact us

Address via Palazzo di Città 16/18 10023 Chieri (TO) - ITALY

Phone 0039 011 94 72 089 0039 011 94 72 377

Mail orfanelle@libero.it















Cognitive stimulation may be beneficial for cognitive function in old age in both people with and without dementia

World Alzheimer Report 2014 | Introduction, page 57



The evidence overall for the efficacy of cognitive stimulation is consistently positive

Efficiacy has been demonstrated for group intervention by professionals and when administred one-to-one by carers

World Alzheimer Report 2011
Non pharmacological interventions for people with dementia

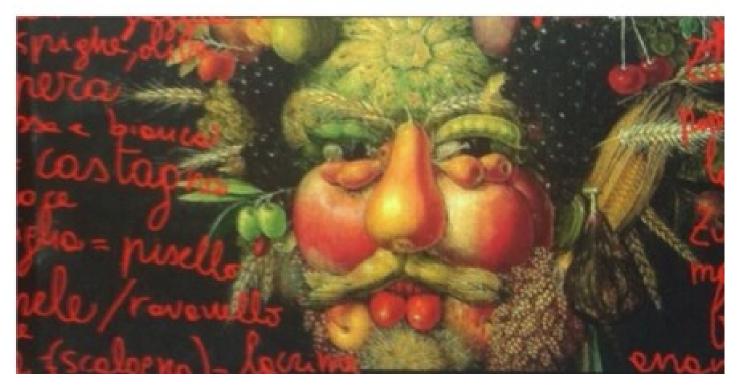
Chapter 4 – Which interventions are effective for people in the early steges of dementia? | Non-pharmacological interventions for people with dementia.

Strategies to support and enhance cognitive function, page 44.











Iron rusts from disuse,
water loses its purity from stagnation
even so does inaction
sap the vigor of the mind.

Sì come il ferro si arrugginisce sanza uso, e l'acqua nel freddo si addiaccia così lo 'ngegno sanza esercizio si guasta

Leonardo da Vinci