



LEARNING TOGETHER

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 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.

STAFF

a cognitive psychologist
a professional educator
a graduated in physical education

Contact us

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SocialMente in Palestra



RESIDENZA
CASA MAGGIO



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. Efficacy has been demonstrated for group intervention by professionals and when administered 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 stages 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.

*Si come il ferro si arrugginisce senza uso,
e l'acqua nel freddo si addiaccia
così lo 'ngegno senza esercizio si guasta*

Leonardo da Vinci