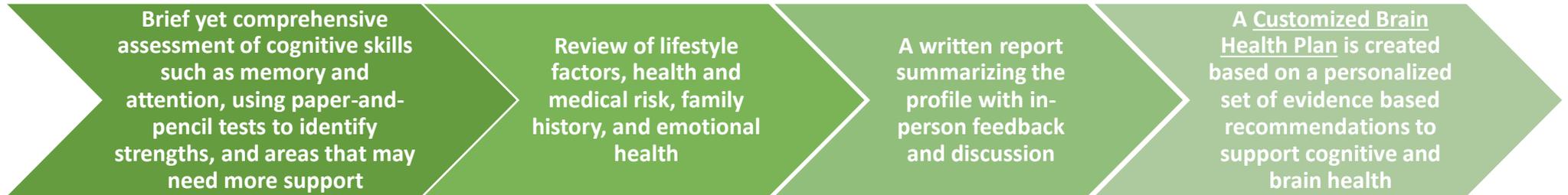


# Brain Space Pricing Menu

*Cultivate Flourish Thrive*

## Individual Consultation: Personalized Assessment and Brain Health Plan \$699



After the Personalized Assessment, additional services are offered to support the Customized Brain Health Plan, which is based on an individual's unique profile and may include one, several, or all of the following pillars:

**Cognitive Skills Training**

**Exercise and Diet**

**Sleep Quality and Hygiene**

**Stress Reduction**

## Individualized Sessions to support the Brain Health Plan are offered at \$149 per session

**Cognitive Skills Training:** 1-hour sessions focused on strengthening and exercising cognitive skills. Goals are set based on the results of the Personalized Assessment. Included: Weekly coaching sessions focused on optimizing cognitive skills, Practical take-home exercises

**Exercise/Diet Consultation:** 1-hour session to review how exercise and diet can impact brain health and to set goals for making changes. Included: *The Mind Diet* book, a research based diet for healthy aging and longevity, an exercise action plan based on research based strategies that protect the brain

**Sleep:** Support and guidance focused on sleep hygiene and sleep quality with a provider certified in addressing sleep problems. Included: A plan to clean up unhealthy sleep habits, sleep diary/tracker, accountability and support to help make behavior changes

**Mindfulness Based Stress Reduction:** Mindfulness training for stress reduction with a focus on clearer thinking and efficiency in daily life. Included: In session practices, take-home exercises focused on stress reduction



*Special Package rates and Corporate Discounts are available – please inquire!*