

Cognitive Stimulation Therapy

Maintain Your Memory ■ Slow Your Decline

Diagnosed with Mild Cognitive Impairment or early stage dementia?

Cognitive Stimulation Therapy (CST) is a research-proven, medication-free program designed to improve memory and slow the progression of early dementia.



“CST should be routinely given to all people with early stage dementia.” -World Alzheimer’s Report 2011

What is CST & how does it work?

CST focuses on exercising the brain in order to retain skills through the “use it or lose it” theory. Participants will attend two group sessions a week at Alzheimer’s San Diego for the 7-week series. Each session will guide participants through a variety of mental stimulation exercises proven to improve memory, attention, reasoning and language skills.

Research has shown a positive impact on:

- » Language skills: naming, word finding, comprehension
- » Concentration
- » Memory and mood
- » Self-esteem and confidence
- » Socialization skills
- » Quality of life

Now
Enrolling!

Schedule your enrollment interview today!

858.492.4400