

Individual Cognitive Fitness



Individual Cognitive Fitness delivers the face-to-face interaction loved ones need while caregivers receive much needed respite. Sessions include brain games, word games, trivia and more!

- Sessions are held via Zoom. Video chat access required.
- \$50/week for one 1-hour session or two 30-minute sessions.

To sign -up or for more information, call (516) 767-6856

