

Brain Gym (Healthy Minds)

Providing resources, education and clinical support to enhance individual strengths and the ability to enjoy life.

Who is the program for?

This program designed for people who may be experiencing adjustment difficulties, depression, anxiety from early signs of memory loss and/or cognitive changes.

Program content

- Cognitive stimulation
- Education sessions relating to brain health, physical health and cognitive health
- Memory strategies
- Exercise
- Diet for a healthy brain
- Social activities
- Relaxation
- Mindfulness
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About the program

This program focuses on issues related to managing cognitive, including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

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When is it held?

Attendance is one day per week for 12 weeks as detailed below. Morning tea, lunch and afternoon tea is provided. Please contact Day Program reception on (07) 5525 9682 for further information.

8:30am - 9:00am Registration and sign in
9:00am - 2:30pm Group program
2:30pm - 3:30pm Facilitated relaxation session

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.

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