

# MAINTAIN YOUR INDEPENDENCE

# MEMORY. COGNITION. BALANCE. LONGEVITY. STRESS. ANXIETY.

A Medicare approved program that improves seniors' cognitive health, including:

- ✓ Concentration
- ✓ Decision Making
- ✓ Working Memory & Recall
- ✓ Self-Confidence
- ✓ Recovering Lost Skills

Mental and physical exercises, unique for each patient, updated daily, and designed to stimulate the cerebellum, the “brain’s brain”.

10 MINUTES A DAY IS ALL IT TAKES TO SEE THE BENEFITS

Physical exercises can be done in a chair or while standing. Mental exercises are performed on a tablet or Smart Phone.



CERESKILLS

a service of

ZING  PERFORMANCE

APPROVED BY & PAID FOR  
UNDER MEDICARE PART B

Ask your doctor today!



Seniors Home Services  
REMOTE CARE TODAY

