

# Struggle

remembering names?

## WHAT IS MEMORY BOOT CAMP?

The idea that our brains experience cognitive decline as we age has long been accepted as an inevitable part of the aging process.

But there's GREAT NEWS! You DO NOT have to accept it.

The world has learned more about the human brain in the past 20 years than in the history of recorded medicine and science. Science has shown that you CAN be proactive in taking advantage of your brain's ability to grow, and you can strengthen your brain and improve memory at any age.

Using this science, combined with the latest technology, Neurocore has developed an innovative program to combat memory loss – Memory Boot Camp.

Memory Boot Camp is a comprehensive, integrated memory program to assess and treat the aging brain and related memory issues. Using the latest technology and diagnostic tools, it combines personalized coaching, brain training, vitamins and supplements and brain health education to provide a proactive, comprehensive plan. This holistic approach is aimed at improving memory, increasing mental sharpness, and enhancing your overall health.

## Our program uses a Boot Camp approach

**The Memory Boot Camp program is all about you!**

Over the 12 week "Boot Camp", your personal brain coach will work with you through the personal health, science and technology based-curriculum. Based on the results of your initial, comprehensive assessment, each component of the program is customized and personalized to your unique brain, and the personal goals you have for the program. Your progress is measured and tracked every step of the way to provide a measurable, results based outcome.

You will participate in 2 sessions per week that last approximately 2-hours each. Each session will include an in-depth one-on-one with your brain coach to guide each step as you progress through the program. Additionally, you will participate in active brain training through 30 precision neurofeedback sessions over the 12 weeks.



One-on-One Brain Coaching



Customized Cognitive Exercises



Diet + Physical Fitness



Relaxation + Meditation



Quality Sleep Training



Neurofeedback

# GETTING STARTED

It all begins with a comprehensive, diagnostic assessment, which includes the latest in qEEG brain mapping technology. This data provides a foundational understanding of each individual's unique starting point and creates the framework for each person's customized program.

The program is then customized to your unique brain and individual goals. In just a few months, we can help you improve your memory, sharpen your focus, and gain better health and fitness habits.

Enlist in Memory Boot Camp!

- Gain better recall
- Improve mental clarity
- Feel sharper
- Maintain or regain a higher level of functioning

Neurocore makes no claims that it can cure any conditions, including any conditions referenced on its website or in print materials, including ADHD, anxiety, autism, depression, traumatic brain injury, post-traumatic stress disorder, migraines, headaches, stress, and sleep disorders. If you take prescription medications for any of these conditions, you should consult with your doctor before discontinuing use of such medications.

## WHO WE HELP

ADHD

Anxiety

Autism

Depression

Memory

**Memory Boot Camp**

Migraines

Sleep

Stress

## LEARN MORE

Events

Learn More

Insurance

Costs

Physician Referral

Client Privacy

Website Privacy Policy

## ABOUT

Team

Careers

Contact

## LOCATIONS

Boca Raton

Grand Rapids

Grandville

Holland

Livonia/Metro Detroit

Palm Beach Gardens

Sterling Heights

West Bloomfield

## GET STARTED

Free Phone Consultation

Schedule Assessment

