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**Home Care Assistance and The J to Hold Complimentary
'Mind, Body and Smoothies' Event Sept. 21**

*Drop-In Event Offers a Chance to Learn About Enhancing Mental and Physical Acuity While
Kicking Off Six-Part Series Exploring Cognitive Therapeutics Method™*

(Dallas, TX – September 20, 2016) [The J](#) and [Home Care Assistance of Dallas](#) will be hosting a free, drop-in “Mind, Body and Smoothies” event on Wednesday, September 21 from 10:30 to 11:30 a.m. The event will take place at the Aaron Family Jewish Community Center, 7900 Northaven Road in Dallas. Attendees will get to enjoy a delicious, healthy smoothie while learning about new research that draws upon enhancing mental and physical acuity throughout one’s lifespan. This event is open to anyone of any age interested in proactively enhancing their cognitive functioning. It also kicks off a six-part series on the subject led by the experts at Home Care Assistance beginning Wednesday, October 5 from 11 a.m. to 12 p.m. at The J.

“We had a tremendous amount of interest in this subject when we first partnered with The J last year, so we wanted to bring the series back with the latest and greatest information,” said Jared Caplan, Home Care Assistance of Dallas’ general manager. “It’s a great way for anyone interested in increasing their brain health to learn about this science-based cognitive stimulation program that can help with physical and mental acuity at every stage of life. Our experts won’t just be lecturing, we’ll be sharing tips and techniques in practical ways, such as smoothie recipes, and fun group activities that demonstrate techniques through real-life examples.”

All six “Mind, Body and Smoothies” events will be free of charge for JCC members. A senior social membership at The J is \$44 annually or non-members can visit for \$10 per day (after one free visit). Each event will take place on the first Wednesday of each month from 11 a.m. to 12 p.m. and feature complimentary smoothies. The October 5 session is “Neurobics: Aerobics for the Brain” and will include exercises that involve using all five sense. The November 2 session is “Taking Control of Your Life: The Importance of Power of Attorney, Advanced Directive, Living Will or Will” and will include a brain teaser exercise. On December 7, it’s “Seven Super Foods: Incorporating Foods with Anti-inflammatory Properties into Your Lifestyle.” Attendees will learn how to make smoothies and get to take home the recipe. On January 4, 2017, the session will explore the “Top 10 Exercises to Improve Balance and Keep People Moving.” The February 1, 2017 session is “Happy to 102: Unlocking the Secret to Longevity.” Attendees will learn how to make a trail mix recipe. “Mind, Body and Smoothies” concludes on Wednesday, March 1, 2017 with “Improving Sleep Later in Life.” The session will explore basic facts, barriers to sleep and getting back to sleep. Attendees will have the chance to put the exercise into action with a Family Feud-inspired group activity.

“We are thrilled to once again be partnering with Home Care Assistance to share more information about the Cognitive Therapeutics Method™,” said Katharine Teicher, Senior Adult Program director at The J. “In addition to

the 'Mind, Body and Smoothies' series, Home Care Assistance will also be sharing these techniques during our 15th Annual Senior Expo, which will be held on Tuesday, November 15 from 9 a.m. to 2 p.m. at The J and is free and open to the public. It's so kind of them to provide this important information to our community, since aging issues affect everyone." For more information about "Mind, Body and Smoothies" please contact Home Care Assistance at (214) 363-3400.

ABOUT THE J

The Aaron Family Jewish Community Center of Dallas (The J) is part of an extended family, a home away from home – providing programs and services for all ages and stages of life. Within its walls or around the world, The J's members gather together to meet, play, learn, celebrate, and be part of the community. Everyone, regardless of age, race, religious affiliation, or any other protected status, is welcome. The J is located at 7900 Northaven Road in Dallas. For more information, please visit <http://www.jccdallas.org> or call (214) 739-2737.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Franchise500® and Inc. 5000 Company, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. Home Care Assistance is also the exclusive provider of the Cognitive Therapeutics Method™, a one-on-one cognitive activities program administered in the home. For more information about Home Care Assistance or our services including the Cognitive Therapeutics Method™, visit <http://www.dallashomecareassistance.com/> or cognitivetherapeutics.com.