

For Immediate Release:

Contact: Kevin McClarren

President

Home Care Assistance of New Jersey, LLC

53 Mountain Blvd,

Warren, NJ

Office Phone: 908-668-8200

Cell Phone: 908-528-4812

The Mind Fit Series: Presenting Activities to Enhance Cognitive Function

A complimentary 3-part series that addresses ways in which one can improve and maintain healthy brain function

(Springfield, NJ — April 4, 2016) The Cognitive and Research Center of New Jersey, LLC (CRCNJ), in conjunction with [Home Care Assistance](#), is pleased to present, “Mind Fit: Activities to Boost a Healthy Brain” seminar series. Alice Stoop, RN, of Home Care Assistance and expert in the field of cognitive function, will present a three-part series focused on optimizing brain health. Sessions are free of cost to participants and will take place at The Cognitive and Research Center of New Jersey, which is located at 195 Mountain Avenue in Springfield, New Jersey. The Mind Fit events will take place on the following dates: May 6th, May 13th and May 20th and will be held from 1:00 pm – 2:15 pm. Pre-registration is required. Call either 908-668-8200 or 973-850-4622 to reserve a spot.

As individuals age, the brain also starts to show signs of aging. The Mind Fit Series will address ways in which one can improve and maintain a healthy brain function throughout the aging process. Each seminar will feature a different topic, including: “Overall Fitness for Your Mind”, “Improving Your Executive Functioning and Memory” and “Enhancing Your Attention and Language” to be presented in this sequence.

“I am pleased to collaborate with Home Care Assistance to present this important series,” said Dr. Michelle Papka, Founder and Director of The Cognitive and Research Center of New Jersey. “Those who attend will be empowered by the information shared, participate in a fun activity and take with them daily strategies to help promote healthy brain aging.”

To register for the Mind Fit Series, please call 908-668-8200 or 973-850-4622. For more information about Home Care Assistance and the company’s unique approach to home care, please visit www.homecareassistancenewjersey.com. The office is located at 53 Mountain Blvd in Warren, NJ.

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. Home Care Assistance is honored to have received numerous awards for its strong focus on delivering responsive services to its clients, and educational outreach to the public. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com.

ABOUT THE COGNITIVE AND RESEARCH CENTER OF NEW JERSEY

The Cognitive and Research Center of New Jersey is a complete memory and dementia center, offering comprehensive assessments and treatment plans for cognitive disorders, including age-related memory loss and Alzheimer's Disease. The center is unique in its breadth of related services, including neuropsychological evaluations, psychotherapy, free memory screens, healthy life coaching, and access to clinical trials focused on memory loss and Alzheimer's disease. The Cognitive and Research Center of New Jersey is also a strong supporter of community outreach, awareness, and education related to cognitive aging and treatment.