

Mind Matters: Improving Brain Health

Program Details

A new diagnosis of Mild Cognitive Impairment (MCI) can be concerning for you and your loved ones. The good news is research tells us that lifestyle interventions can delay or prevent further decline and can enhance your cognitive reserves.

We know that making changes is hard, and that even small shifts can have a big impact. In the Mind Matters program, we will explore MCI and brain health, the impact of nutrition and digestion, the importance of physical movement, exercising your brain, sleep, stress management, and community. You will learn what is within your control and decide what new habits you want to incorporate into your life to improve your brain health.

With the support of integrative medicine professionals and the group, you are not alone: we like to call this approach "Community is Medicine."

Group Medical Visit

Group visits are scheduled weekly over the course of 8 weeks, with each visit lasting 90 minutes. Groups will be limited to 15 people. Each visit will include:

- Check-in and **connection** time
- **Interactive learning**
- **Experience** self-care practices
- **Identify action steps**

You are welcome to invite a companion who can partner in your learning alongside you to help optimize your brain health.

Requirement

Participant needs to have been diagnosed with MCI to participate in this program.

How to Refer

AMB CONSULT to Integrative Medicine - MCI Group Visit "Mind Matters" Program

Once the referral is in, participants will receive a phone call to schedule.

What is the cost?

Most health insurance covers as standard office visits. Check with your member services to understand if you will have out-of-pocket costs.

You are welcome to bring one companion who can attend free of charge.

2025 Program Dates

Allina Health Bandana Square Clinic
(Saint Paul)

Thursdays, 1:00 PM - 2:30 PM

- October 23
- October 40
- November 6
- November 14
- November 20

Break for Thanksgiving

- December 4
- December 11
- December 18