



# Enhancing Cognitive Fitness in Adults: A Guide to the Use and Development of Community-Based Programs

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# Enhancing Cognitive Fitness in Adults: A Guide to the Use and Development of Community-Based Programs

## Enhancing Cognitive Fitness in Adults: A Guide to the Use and Development of Community-Based Programs

This book highlights the research foundations behind brain fitness and showcases innovative community programs to promote mental fitness in adults with cognitive impairment, from writing workshops and multimedia strategies to meditation and exercise.

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