

# THE BRAIN CAN CHANGE

## Neuroplasticity Programming

Neuroplasticity is the brain's ability to change and adapt. Through specific actions, the brain is able to generate new neurons and make new connections. BEARS uses neuroplasticity to help clients target their cognitive deficits and improve their capabilities.



Get BEARS Certified Now  
Find Out More



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**BEARS™**  
Brain Enhance And Recovery System  
by **abiwellness**



**A Higher  
Standard of  
Cognitive  
Care**



Partner clinics across North America are implementing the BEARS program to help clients address a wide range of symptoms and conditions.

**"My clients have seen improvements in everyday cognitive stamina, processing speed, focus/concentration, word fluency, and strategic thinking. They have more confidence to take on challenges and are living their lives more fully."**

*Dr. Kim Willment, Ph.D.  
BEARS Certified Provider*

## OFFER BEARS IN YOUR CLINIC

### The Brain Enhance and Recovery System



**Cardio Program** – Aerobic exercise prepares the brain for more effective cognitive recovery.



**Cognitive Training** – Targeted exercises help clients improve a range of cognitive functions.



**Mindfulness Curriculum** – Guided mindfulness exercises help reduce stress, fatigue, and pain, and increase energy.



**Progress Tracking** – Fully automated tools analyze and report client activity in real-time.

### Improve Clinical Outcomes with BEARS

**100%** of BEARS clients report improved quality of life

**71%** report improvements in learning and memory

**68%** report improvements in mental health

**Sign up now for BEARS Certification Training**

