DATE

Dear Resident,

Getting the most out of life depends on keeping our minds sharp. And while cognitive decline is a concern for all of us, there are some simple and effective things we can do to protect our brain health. Researchers have found that maintaining cardiovascular health, regularly getting moderate cardiovascular exercise (check with your physician first) and participating in broad-based cognitive stimulation is associated with a significant reduction in the risk for dementia—in some studies by more than 60%!

Because your wellness and quality of life is our highest priority, we are pleased to provide Dakim BrainFitness to our community. Dakim BrainFitness has been designed specifically to help adults over 65 keep their minds sharp!

**Dakim BrainFitness was proven in a clinical trial to significantly improve cognitive performance**—including short-term memory and language abilities—while it strengthens attention, focus, and concentration. Thousands of individuals in more than 460 senior living communities across North America, use Dakim BrainFitness to improve their cognitive function today, and fight the threat of memory loss in the future.

**Dakim’s brain exercises are really fun.** They are challenging and stimulating—filled with videos, music, stunning graphics and even humor. There are more than 100 different game formats, and thousands of individual games.

**Dakim makes exercising your brain really easy.** Once you’ve started your 20-minute session, the Dakim BrainFitness System takes you through a brain fitness workout precisely tailored to your abilities—it’s never too hard or too easy.

In the next few days you’ll be getting more information about this marvelous way to protect your brain health. Don’t miss the community meeting scheduled for DAY AND DATE, to kick-off the program. At the meeting, you’ll be able to:

* Get more information about the program
* Ask any and all questions you might have
* Try a demo session, so you can see just how easy and how much fun Dakim is for yourself
* Sign-up for the program.

We are excited to make this important wellness program available to you, and hope you will take advantage of the opportunity and make Dakim BrainFitness part of your own wellness routine.

Sincerely,