

# B.E.A.T

(brain-exercise-art-talk)

*The B.E.A.T program is based on the latest research into brain plasticity.*

*Its unique combination of physical & cognitive exercise and social skills assists to maintain and/or improve brain function.*



*"I have learnt so much from the group and have been able to use items and practice at home, Thank you so much"*

*Donations and corporate support are gratefully accepted and assist us to enhance and expand our support services. All donations over \$2 are tax deductible.*

*For further information please contact us:*

## **Headway ADP**

Headway House  
6 Percy Street  
BANKSTOWN NSW 2200

## **Postal Address**

PO Box 894  
BANKSTOWN NSW 1885

Phone: 9790 0046  
Phone: 9790 0344  
Fax: 9796 2523  
Email: [admin@headwayadp.org.au](mailto:admin@headwayadp.org.au)

Website: [www.headwayadp.org.au](http://www.headwayadp.org.au)



# B.E.A.T

**BODY-EXERCISE-ART-TALK**

[www.headwayadp.org.au](http://www.headwayadp.org.au)



## 1 – physical exercise

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Get moving and increase your heart rate to start the program. Exercise and have fun at the same time. Dance to music, play soccer, ball games or use our specialist equipment like the octaband.



## 2- cognitive exercise

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Cross train your brain through a combination of games and activities and computer based programs. Work on areas such as memory, problem solving, attention, flexibility and speed of information processing.

## 3 -socialisation

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Social interaction is an important part of the program. So while enjoying morning tea on our verandah participate in stimulating conversation to improve your social skills.



## 4 – learning new activities

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New activities are learnt through our art classes. Come and try dot art, papier mache', collage work or paint a canvas while working on new learning, problem solving, attention and fine motor skills.