



SKILLS GROUPS

The UCCS Aging Center offers specialized groups to improve cognitive health and emotional well-being for older adults.

The Cognitive Skills Training group teaches compensatory strategies and provides education on lifestyle choices to help optimize everyday cognitive performance and promote healthy cognitive aging among individuals who have completed a cognitive assessment. Separate groups are offered for those with no cognitive diagnosis who wish to boost their skills and for those with a diagnosis of mild neurocognitive disorder.

The Mindfulness Skills group teaches techniques to help with stress management and relaxation as well as promote enhanced mental clarity.

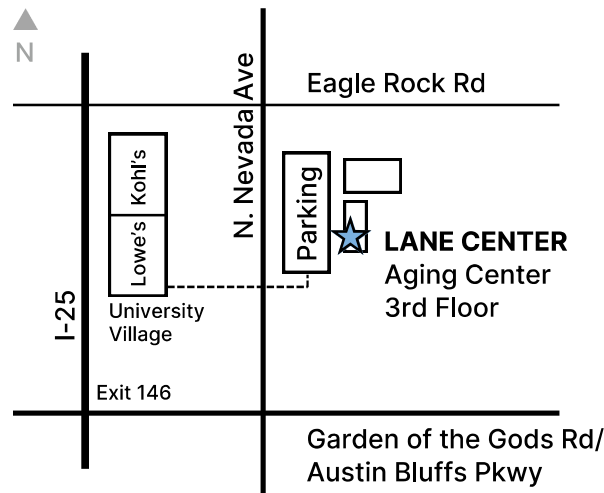
For clients interested in:

- enhancing skills; optimizing thinking; maintaining independence; improving overall quality of life



HealthCircle
Aging Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS



**4863 N. Nevada Ave., Suite 321
Colorado Springs, CO 80918**

The Aging Center is in the Lane Center for Academic Health Sciences. Please park in any HealthCircle spot or designated handicap spaces if you have the appropriate tag.

Hours: Monday-Thursday, 8-6pm

Phone: 719-255-8002

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healthcircle.uccs.edu/aging-center



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