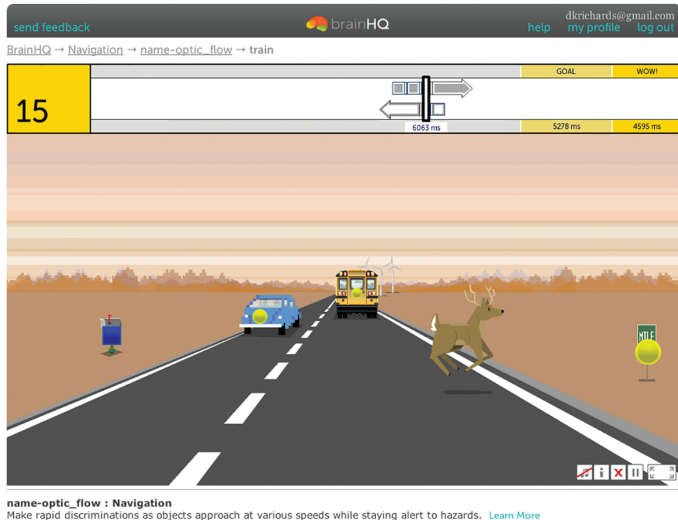


# EASTER SEALS BRAIN FITNESS

ENTER TO WIN  
AN IPAD MINI

Easter Seals Midwest is partnering with Posit Science, the leading provider of proven brain fitness exercises, in an exciting program for adults with autism.



## What are Brain Fitness Exercises?

They are extensively research-based computer programs designed to build brain fitness in things like attention, brain speed, mood, and confidence. Brain fitness exercises are fun – similar to online gaming. They have been shown to improve attention and brain speed.

## What are the Benefits?

At no cost, you can participate in this groundbreaking program. You will be building brain fitness and helping pave the way for other people diagnosed with autism to have access to these fun brain fitness exercises.

**Who is Eligible?** Adults participating or recommended to the Easter Seals Midwest program are welcome to inquire. Participants need to:

- Have access to a computer for at least 2 1/2 hours a week (at home or other place).
- Be able to work with brain exercises on the computer for up to 30 minutes at a time.
- Function daily with a high functioning Autism Spectrum Disorder (eligibility will be assessed as part of enrollment).
- Be able to read a basic website.

**What does the program include:** Should you be eligible for this program, you will be invited to participate in a 10 week program.

- Assessments during the first and last week.
- 8 weeks participation in at least 20 hours of on-line brain exercises.
- Training on how to play the online brain exercises which are just like computer games.
- Feedback while doing the brain exercises.

For questions or to enroll in this brain fitness exercise please contact  
Tonia Dieteman, Family Resource Specialist, 314-567-8184 or [tonia.dieteman@esmw.org](mailto:tonia.dieteman@esmw.org)



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