



Aerobics of the mind

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Gustafson, Kari Berit
Reilly, Rich
Schultz, Jeff

Aquarius Health Care Media,
2006

Filmed lectures.

Material Proyactable

Explains the importance of mental exercises in the cognitive abilities of older people

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzQzOTc4MDc>

Título: Aerobics of the mind Attainment Company, Inc. ; writer/producer, Rich Reilly ; director, Jeff Schultz

Editorial: Sherborn, MA Aquarius Health Care Media 2006

Descripción física: 1 online resource (79 min.)

Variantes del título: Original container title Aerobics of the mind mental fitness for older adults Mental fitness for older adults

Mención de serie: Academic Video Online

Nota general: Title from original disc

Formato físico adicional: Previously published as DVD

Lengua: In English Original language in English

Materia: Alzheimer's disease- Prevention Cognition in old age Cognition- Age factors Mental discipline Older people- Mental health

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Entidades: Aquarius Health Care Media (Firm) Attainment Company, Inc

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