

Brain Gym

Brain Gym (<http://braingym.org>) is a program that uses 26 exercises that are based from the movements naturally done during the first years of life when learning to coordinate the eyes, ears, hands and whole body. These 26 Brain Gym exercises along with a program for “learning through movement” was developed by educator and reading specialist Paul E. Dennison and his wife and colleague Gail E. Dennison.

Our trained therapists incorporate these activities throughout treatment. Results have brought improvements in areas such as:

Concentration and Focus

Organization

Coordination

Academics: reading, writing, math and test taking

Memory

Attitude