



## Sharp Again Small Group Program – Frequently Asked Questions

### Who is this program for?

The Small Group program is designed for people who have just started noticing memory issues—such as forgetting where they put things or people’s names—or those in the early stages of memory loss. At this stage, it’s much easier to make lifestyle changes, and the results are much more effective.

### How is the small group program different from a webinar?

A webinar is a one-time presentation with health experts offering information, such as how lifestyle choices can affect your memory. The goal of a webinar is to educate. In the small group program, the focus is on the individual participant and their needs, with the coaches and group members interacting and providing support. The group meets weekly and participants have access to presentations and articles from health experts on topics that help further their understanding of the causes of memory loss and steps that can be taken to address them. The goal is to bridge the gap between education and implementation—in other words, to help the participant take what they have learned or may already know and put it into practice in their life.

### Why can't I do a program like this on my own?

Have you ever tried to lose weight following a diet, only to give up after a couple of weeks? Have you signed up for a membership, then stopped going after a couple of months?

It can be hard to make lifestyle changes on your own, and it seems more difficult the older we get. Working with a health coach makes it much easier because coaches have the knowledge and training to help you get started and keep you on track towards building new habits. Health coaches are trained not only in areas such as nutrition, exercise, stress and sleep, but also have tools to give you motivation. And working in a group adds the richness of other people’s experiences and resources to the mix, as well as an extra layer of accountability and support.

### What if I don't know what changes I need to make? Can you help me with that?

Yes. Before the program begins you have a one-on-one consultation with a coach. One of the things we discuss is what your needs are, and we help you to start thinking about where you might want to make changes. We also encourage you to do your own research. You can start by going onto the Sharp Again website ([sharpagain.org](http://sharpagain.org)) and reading through that information.

### Making big changes is really hard. I'm not sure I can do that.

Yes, we know what you mean. Making big changes can be hard! But when you break a big goal down into small doable steps, it becomes easier over time. You get support from coaches and your fellow group members at each meeting, and we help hold you accountable, celebrating your successes and supporting you when your week may not have gone as planned. When you have this kind of friendly, ongoing support, it is a lot easier to make those changes, and it can even be fun!

### I worked with a nutritionist in my doctor's office last year. He gave me a diet to follow, but I found it really hard and gave up on it. Can you recommend something else that might be easier to follow?

As health coaches we do not recommend specific diets because every person is an individual with unique needs and preferences. However, something that you might do is set a goal, such as cutting down on snacking. You would then decide what small step you could make to start moving towards that goal.

Implementing that change would be your focus for the week. At our weekly meeting, you would let us know how you did, what worked and what didn't, what if anything you might like to do differently, and you would then decide on a new or related step for the following week. You would be surprised how these small steps turn into big results.

**It sounds like there is homework.**

Yes, there is! This is not a passive program. In order for it to work for you, you need to be willing to do some work to start the ball rolling. This may sound challenging, but as you begin to make progress and feel better, you will be glad you made the effort.

**So, what kind of results can I expect from doing this program?**

The results you get are really up to you and how much you put into it, but past participants have started exercising more, lost weight, and have more energy and focus. One of the biggest things someone can get from this program is learning the skills to make changes for themselves. This is incredibly empowering – to know that you have the ability to keep making these positive changes, even after the program is over.

**How can I learn more?**

Speak with one of Sharp Again Naturally's health coaches. Email us at [sharperminds@sharpagain.org](mailto:sharperminds@sharpagain.org) or call 914-281-1404.

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