

Nutritional Guidance

Studies have shown conclusive links between nutrition and children's cognitive development as well as behavior. Factors such as sugar, soda and caffeine can adversely effect performance. Whereas, adequate water and protein intake, vitamins, omega-3 fatty acids, and short eating intervals throughout the day can have beneficial physical and psychological effects on a child's academic performance.



90% of American children are deficient in Zinc, yet "Zinc makes you think!"

- Dr. John Taylor



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The Learning Gym accepts Visa, Mastercard, and American Express

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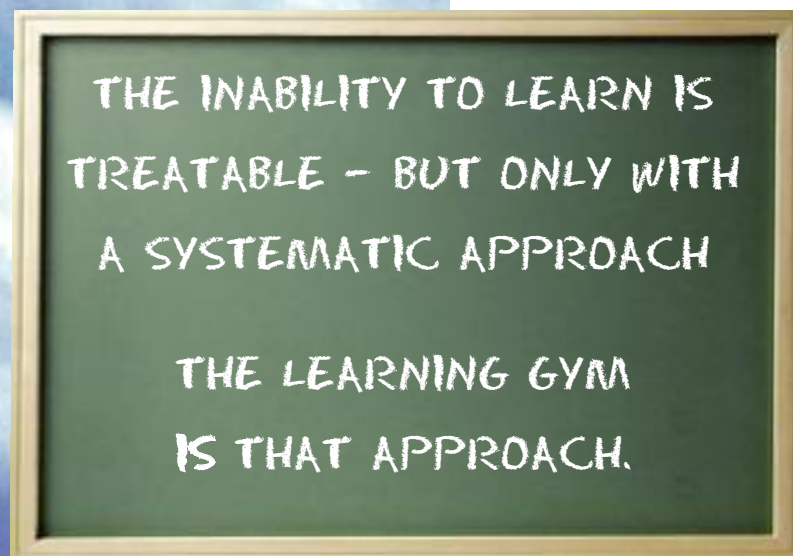


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Do you or your child struggle with any of the following?

- READING AND MATH
- CONCENTRATION/ATTENTION
- LISTENING
- DISORGANIZATION
- POOR MEMORY
- RESTLESSNESS
- BOREDOM
- EASILY DISTRACTED
- ANGER AND FRUSTRATION
- DYSLEXIA



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What is The Learning Gym?



Since 1997, The Learning Gym has been successful in assessing and treating children and adults with many forms of learning and attentional difficulties. Our unique "one stop shop" offers comprehensive assessment as well as numerous integrative programs designed to target cognitive abilities, improve sensory processing and increase focus and attention all under one roof.

Our Systematic Approach provides the following:

- Personalized Assessment
- Individualized Training
- Monitoring of Program Progress
- Evaluation of Gains & Success

The Learning Gym specializes in isolating the causes of learning difficulties and creating programs that target individual needs. **Our programs will significantly improve attention, confidence, behavior and performance both at school/work and at home.**



Set up your assessment **TODAY**
Start on the road to success **TOMORROW**

How Do We Assess Learning Difficulties?

The causes of learning difficulties are varied but the key to identifying the various types is through proper assessment. The Learning Gym begins with a systematic approach to diagnose and treat specific learning abilities. Each Client's abilities/disabilities are evaluated in five areas:

- Cognitive Abilities
- Visual Motor/Perceptual
- Auditory Processing/Perceptual
- Sensory-Motor
- Attention/Behavior

The results of the assessment are used to create an individualized program tailored to correct areas of weakness and enhance existing strengths. **The Learning Gym programs improve the skills needed for academic and career success!**



Contrast the Learning Gym with special education (or resource).

Special education uses instructional methods that are different from the typical classroom and often teach around learning difficulties. The Learning Gym teaches children to excel in any environment

Contrast the Learning Gym with traditional tutoring programs.

Tutoring can help a child get through their current schoolwork, but may not address the underlying issues. The Learning Gym seeks out these fundamental causes through assessment and then works to solve them with specialized training techniques.

How Do We Wire the Brain for Success?

The Learning Gym integrates the following programs not only to treat learning differences & improve attention but also to maximize one's potential for success.

TEACHING THE BRAIN TO WORK EFFICIENTLY BY INTEGRATING THE SENSES



S.O.I. - STRUCTURE OF INTELLECT is a system that is used both to assess and develop intellectual abilities and performance in Math, Reading, Language and History. You can train intelligence!

Fast ForWord®

FAST FORWARD, developed by Scientific Learning, is a series of computer-delivered reading intervention products designed to help children, adolescents, and adults build the skills needed to become better readers.



VISION TRAINING is fitness training for the eyes, coordinating and strengthening eye muscles for near point visual tasks like reading and homework. Vision Training looks beyond 20/20 eyesight and also trains visual processing (the mental side of vision) necessary for **READING SPEED** and **READING COMPREHENSION**.



PACE—PROCESSING & COGNITIVE ENHANCEMENT is a twelve-week, intense, one-on-one, cognitive training program that corrects and enhances learning skills. PACE applies the most recent scientific research on learning.



SOUND INTEGRATION TRAINING

An excellent intervention for the improvement of **LISTENING**, language, communication, social relationships, reading, school performance and coordination.

AIT - Training is a half hour, twice a day for 10 days.

ENLISTEN - At home training for 60 hrs., divided into two 15 day sessions



SENSORY MOTOR EXERCISE PROGRAM increases the organization and integration of the body's sensory systems, which allows for more integrative brain functioning, better academic performance and more control of body behaviors.

irlen

IRLEN METHOD created by Helen Irlen, can deliver immediate improvements in reading including comprehension, speed and accuracy. It can alleviate reading fatigue, headaches, eye strain, light sensitivity and improve academic performance.

A+

ATTENTION TRAINING The Learning Gym utilizes a unique combination of specific programs to increase attention & focus.

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The Learning Gym has Non-Public Agency status with the California Department of Education. You can request Learning Gym services as part of your child's IEP.