Contact Us For A Complementary Consultation

Before enrolling a new member, we conduct an assessment to ensure that the program will provide a therapeutic benefit. If you or a loved one are interested in attending our Central Florida location, please contact Program Coordinator Catherine Hagan at (615) 584-4842 or email us at connectbraintraining@gmail.com to schedule a consultation.

Hosting A New Location

If you are interested in hosting a new location, please contact Michael Dottino at 407-579-6591 or email him at michaeldottino@usamemorychampionship.com for information.

Our co-founders will personally train your staff and provide the curriculum and tools you need for a successful launch.

About Us

Michael Dottino and Catherine Hagan co-founded the Connect Brain Training program in early 2022.

They are experts on psychology, wellness, brain health and the practical application of neuroscience to improve mind, body and spirit for every person they reach.

For detailed bios, please visit www.usamemorychampionship.com, and click on the “About” tab.

Program Structure

14-week sessions, highly structured and success-based, meeting twice weekly from 9:30 AM to 1:30 PM

Sessions typically begin in January, April and August and have rolling admissions

Tuition rates are set by the host site and typically average $75-$100 per week

Connect Brain Training

Connect Brain Training

By 2060, the number of people living with dementia, including Alzheimer's disease, is expected to double. While many await a medical breakthrough that can reverse the disease, there exists a critical period—often spanning years—between the onset of mild cognitive impairment (MCI) or early-stage dementia and the later, more debilitating stages. During this time, individuals can continue to live independently, meaningfully, and actively within their communities.

The Connect Brain Training Program was created to support and enrich this vital phase of life. Rooted in a community-based, therapeutic model, the program promotes cognitive health through structured social, recreational, and wellness activities. Its mission is to proactively address cognitive decline by engaging the brain and body using a holistic, evidence-informed approach.

Program Highlights

The Connect Brain Training Program combines targeted brain exercises with physical movement, creative expression, mindfulness, and social connection. It also provides caregivers with respite and access to a dedicated support group.

Program Objectives

- ✓ Develop new skills and stimulate creativity
- ✓ Strengthen short-term memory, language, and vocabulary
- ✓ Maintain physical activity to support brain health and neuroplasticity
- ✓ Foster community, form new friendships, and create positive memories

Program Testimonial

"The class has given my mother a new lease on life. She is more energized, inspired, creative and enthusiastic about life. She loves going to class! Finding Connect Brain Training has been a blessing not only for her but for the family. Having her engaged in something she's interested in means we have a happy mom who is enjoying life! I wish there was a location in every community."

Brain Training Objectives

- Long-term memory recall and guided reminiscence
- Mindfulness and gratitude exercises to reduce anxiety
- Social engagement through group interactions
- Creative exploration through music, art, and journaling
- Brain training worksheets targeting memory, attention, language, and reasoning

Physical Training Activities

- Exercises for strength, mobility, and core stability for daily living
- Balance training to reduce fall risk
- Adaptable movement routines tailored to individual capabilities