Brain health

Muistipuisto® (Memory Park) is a unique website providing new ways for enhancing brain health. The service applies game-design elements and game principles to improve user's motivation, engagement, learning and lifestyle changes.

Muistopuisto was developed in a three-year project supported by the Ministry of Social Affairs and Health with proceeds from Veikkaus. A number of people with memory disease, their caregivers, volunteers and professionals have taken part in service creation, ensuring website's value, users' satisfaction and usability for its' users.

You are welcomed to join us in Muistipuisto!

More information

miinasillanpaa.fi
Helena Launiainen, development manager
helena.launiainen@miinasillanpaa.fi

www.muistipuisto.fi

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MIINA SILLANPÄÄN SÄÄTIÖ

TUETTU VEIKKAUKSEN TUOTOILLA

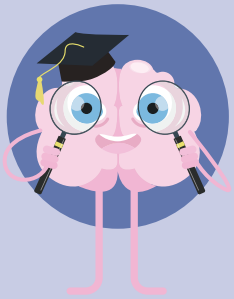
Muistiliitto
Alzheimer Centralförbundet

MUISTIPUISTO

Website for your brain health

Muistipuisto ® (Memory Park) guides towards brain healthy routines and lifestyle changes by various activities.

Muistipuisto service is available in Finnish.
It is free for the user.



Info

Comprehensive information on enhancing ones' brain health.

Cognitive training

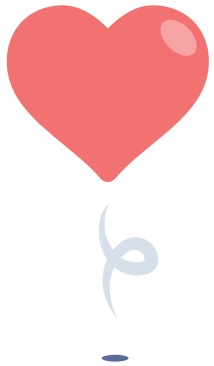
Exercises for attention, memory, perception and reasoning.

Music and memories

Music, pictures and quizzes supporting reminiscence.

Physical exercise

Wide-ranging set of physical exercise for body and brain.



Favorites

Add interesting content to Favorites for quick and easy access to them.

Aatos

The virtual coach called Aatos gives useful information and advice while training.

Mental wellbeing

Mindfulness, meditation and relaxation.

Brain healthy diet

Easy recipes for brain healthy diet throughout the day.