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Local Business Helps Clients Improve Their Learning Ability



Student, age 3, participates in exercises in the "Brain Gym®" with Options in Health & Education Learning Center Director Helen Cox. The Brain Gym® utilizes high mental fitness energy.

Have you ever heard the expression "My left side doesn't know what my right side is doing"?

There is more to this concept than most people think. Options Center, 240 E. Washington St., East Peoria, can teach you to use both sides together in a remarkable way.

The learning process used by Options is adapted to Brain Gym® developed by Paul E. Dennison, Ph.D., Of California. According to Helen Cox of East Peoria, director of Options, the process is basically developing all sides of the brain to their highest potential.

Helen said the program has two dimensions, organization and comprehension. She said the ability to organize and comprehend are based on the two areas of education and living skills. Helen explained too many people use only the left side of the brain or the right side of

the brain at one time and Options teaches through various exercises how to use all sides of the brain together to enhance organization and comprehension.

Clients of Options are referred by various sources including educators and word of mouth. Students doing less than their potential in academics can use the program to learn a different approach to study habits, thus improving their skills and grades at the same time. Options is not limited to children, but is also utilized by adults to improve skills, eliminate stress and improve creativity.

Helen said exercises are used at Options to induce positive results. Clients enter the world of the "Brain Gym®" which is a series of exercises giving the client a workout in high mental fitness energy. Exercises include a Cross Crawl which is a coordination movement of moving one arm and the leg on the opposite side of the body at the same time. This teaches both brain hemispheres to work together, opening the brain to learn new things.

Another exercise Helen explained is the Double Doodle, which is drawing with both hands at the same time creating interesting shapes and at the same time relaxing the arms and eyes. This is supposed to make writing easier for the client.

Options has many more exercises which are taught to clients of all ages to improve reading, thinking, writing, self-awareness, study skills, and personal ecology. Helen said Options does a great deal of work with learning-disabled children, but they also work with gifted children to enhance their abilities.

Helen said, "We can always improve ourselves and that is what we teach clients to do here."

S. H. decided to give it a try.

"I was working in Kansas City until summer of this year," said Heaton. "I Helen said Options is moving towards working with area schools, teaching educators the same concepts for classroom use. She encourages teachers to attend sessions with students enrolled in Options in order for them to understand the concept and work with Options and the student.

"Once educators get a feel for the program," said Helen, "they are usually sold on it. I also invite whole families to participate in the program. We feel we can teach the program to clients, but if the program isn't reinforced outside Options then the client can slip back to his/her former habits. This is a whole new way of living and it takes time to adapt to it."

Helen said there is an initial evaluation which is about two hours in length. Tests are used to determine the best program recommendation. She said clients are urged to attend at least two sessions per week for a nine-week program.

More information can be obtained by contacting Helen at 694-4111.

`Learning is easier': Options client

By PAULA CASTROS of the East Peoria Courier

S. H. bounced into the waiting room and announced she was ready. Her face reflected a radiant smile indicating she was more than excited to be at Options in Health & Education Learning Center for her session.

S. H., 30, from Peoria, started attending Options several weeks ago. She learned about

Options from a friend who told her she might benefit from the programs was continually passed over for promotions on my job and the reason was always the same, I didn't have the degree needed for the position. So I decided to direct my life elsewhere and signed up for courses at Bradley University.

"Then I came to Options," she continued. "As a child I was told I was a slow learner and I never did as well as the other students. I just accepted that, but now with the help of Options I know I can do anything, I only have to work harder to get it.

"My health is 100 percent better and I have much more energy," she said. "I am more mentally alert and learning is coming easier for me.

"I am sure happy I found Options and I recommend it to everyone."