



## Happy Valentine's Day from the Thrive Center!

January kicked off with a flurry of activity at the Thrive Center, which hosted a variety of events and groups. The weekly *Strive to Thrive* sessions, along with visits from Covenant Living and Franciscan Ministries, and attendance at the Consumer Electronics Show (CES) in Las Vegas kept the center busy and things buzzing!

Congratulations to our partner Samuelson Furniture! Their revolutionary Immersion Sound Chair was honored with a Top Pick award at the Consumer Electronics Show (CES) in Las Vegas. This prestigious recognition highlights the extraordinary design and technology that make this furniture piece truly unique, and we take pride in showcasing it at the Thrive Center.



In early December, we hosted a Community Holiday Open House! More than 100 individuals from the Louisville area and beyond joined us to explore our Smart Home and discover various products showcased by our innovation partners. We are extremely grateful to Joy for All Pets for providing three feline or canine companions to raffle off!

## Events & Visitors



During their January visit to the Thrive Center, the Covenant Living team had the opportunity to try the VirtaSense balance exercises, such as the downhill skiing simulation pictured here



Sheri Rose, the CEO and Co-founder of Thrive, provides visitors from Franciscan Ministries with a tour of the bedroom features in the Smart Home. This showcase includes innovative technology from Wicked Sheets, Nasoni, Dawn House Beds, Samuelson Furniture, and Lotus Ring.

January 20th - The Health Tech Nerds hosted the Louisville Health Innovation Meetup at the Thrive Center. This group, boasting over 6,000 members in a private Slack community, offers insights on digital health, AI solutions in healthcare, and the latest industry trends.



## Innovation Partner Spotlight: Partners in Connection and Brain Health Featuring RendeVR and BrainHQ

This month, we are thrilled to honor our esteemed partners who foster brain health and connection: RendeVR and BrainHQ. Valentine's Day is a perfect opportunity to reflect on the ways we show our loved ones that they are cherished. One of the most meaningful ways to do this is by offering our time and attention, and technology can help bridge the distance when we can't be together physically.

- RendeVR virtual reality headsets provide an immersive way to travel together, play games, or relive past trip photos.
- BrainHQ exercises assist in enhancing cognitive function—specifically in memory, attention, and processing speed—through scientifically validated, game-like exercises that encourage brain plasticity.

We are proud to celebrate our innovation partners in connection!



The RendeVR VR headset allows users to embark on a virtual journey through Rome, Italy, offering a delightful escape from reality while promoting connections with others.



Engaging in the cognitive exercises offered by BrainHQ! Exciting clinical trial results have shown improvement in cognitive abilities after regular use.\*

\*Peak Science: A landmark study with dramatic results. BrainHQ website. Accessed February 5, 2024. <https://www.brainhq.com/world-class-science/information-researchers/impact/>

## Strive to Thrive



The Strive to Thrive crew really knows how to blend hustle with hilarity! Pictured here, they hit the ring, "wrestling" with colossal medicine balls! With a mix of balance, agility, and laughter, they've cooked up the perfect recipe to challenge themselves and improve mobility.



## Upcoming Events

Technology Association of Louisville (TALU)  
Healthcare Tech Panel  
Wednesday, February 25th - 5:30 - 7:30 PM  
Register here: [www.TalLU.com](http://www.TalLU.com)

AARP  
Menopause Lunch & Learn  
Saturday, March 21st - 12:00 - 1:30 PM  
Register here:  
<https://events.aarp.org/event/menopause26>

## Contact Us

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## Follow Us

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## Our New Home

Watterston Medical Center  
1430 Newburg Rd, Ste 106  
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