



A WHOLE BRAIN WORKOUT

TOTAL BRAIN HEALTH

MONDAYS, MARCH 11 – APRIL 29
1:00PM • COST: \$30 for 8-weeks

This course is based on decades of research and science showing better brain health can be achieved through regular brain workouts, combined with a healthy diet and an active and social lifestyle, no matter your age.

The **8-week program** focuses on the wellness spectrum of mind, body and spirit for maintaining a healthy brain. Weekly sessions on Mondays at 1:00 last up to 1 hour, with a different brain workout challenge assigned each week. **You must enroll for the series and plan to attend all sessions.** Space is limited. Previous participants give the program high praise.



FACILITATED BY:
Mary Barbour & Mary Kenyon

TO SIGN UP & FOR MORE INFO: (970) 920-5432