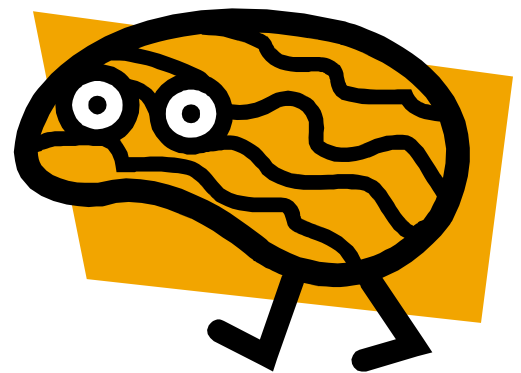


Brain Fitness

You may already know that brain health is very important to your overall health – but did you know you can exercise your brain? Come and learn simple ways to help maintain a healthy brain.

- Strengthen attention and concentration
- Exercise problem-solving skills
- Increase a strong mind-body connection
- Restore self-confidence
- Engage creativity and self-expression
- Enhance speaking and social skills
- Stimulate brain activity
- Spark memories to increase emotional intelligence



Come exercise your brain, strengthen your mind-body connection, and have some fun while improving yourself!

Presented by: Kathleen Kiley

Energy Medicine Practitioner & Dream Insights Yoga Ed Instructor

Thursday, March 11th, 1 - 2:00pm

Members Lounge

Registration is required! Space is limited to 60 people!