



JOIN A TOTAL BRAIN HEALTH CLASS!

Are you frustrated by forgetfulness? Do you wonder what you can do to stay sharp and lower your risk for serious memory loss?

Scientists agree there is a lot we can do no matter our age!

Want to get smarter about your brain fitness? JOIN A TOTAL BRAIN HEALTH CLASS!

Developed by leading brain wellness expert and author Dr. Cynthia Green, Total Brain Health classes will teach you the many ways you can boost everyday thinking. Join us each week to...

- ✓ Learn simple, practical strategies to build better brain fitness
- ✓ Train as a group using engaging, social and fun workouts
- ✓ Be part of a no-stress, inclusive class where everyone is welcome

WHEN? _____

WHERE? _____

TIME? _____

BUILD BETTER BRAINS, TOGETHER!