

CURIOUS ABOUT THE REAL SCIENCE BEHIND STAYING SHARP?

Join us for a **Total Brain Health** class
and learn the many ways we can
build better brain fitness, together!



EVER WONDER WHAT WORKOUTS REALLY BOOST BRAIN POWER?

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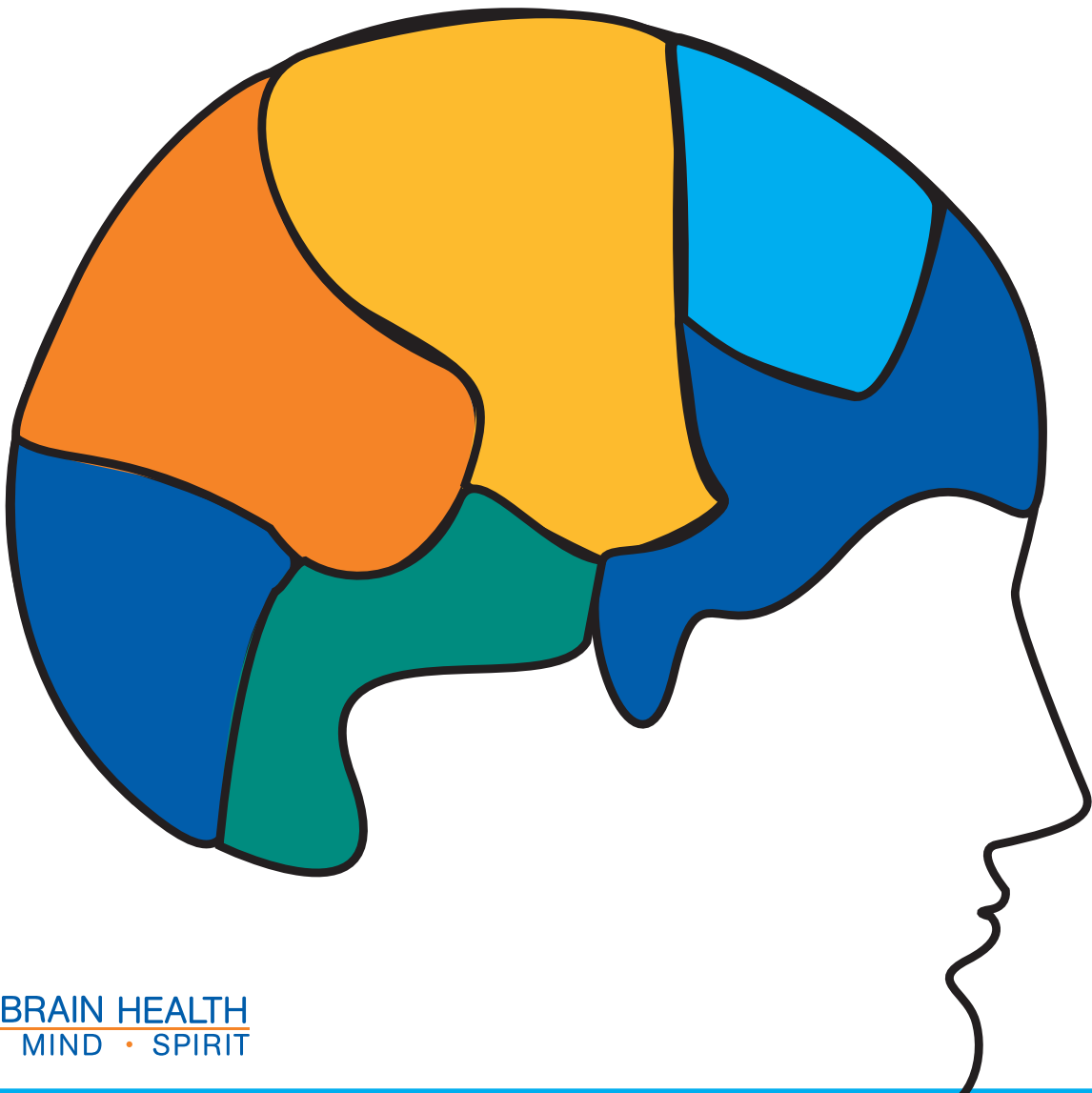
DOES “USE IT OR LOSE IT” APPLY TO OUR THINKING?

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DO FRIENDS FUEL FITTER BRAINS?

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EVER WONDER WHY YOUR TRAIN OF THOUGHT GOES OFF THE RAILS?

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HAVE YOU HEARD HOW HEARING MATTERS TO YOUR MEMORY?

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