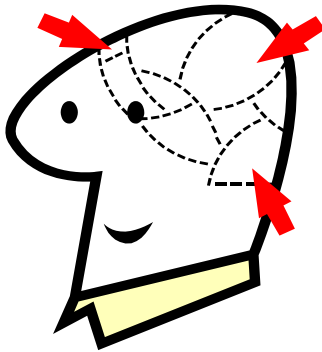


Brain Aerobics

Fridays at 10:00 am

As part of the Center's continued commitment to "Staying Fit in Mind, Body & Spirit", this new class begins in November.



Join the group for some FUN exercises and games.

One of the best ways to stay sharp is to exercise that muscle between your ears, research indicates. And discussions with some of the top scientists studying the brain reveal that you can work your noggin in many different ways, every day.

Source: www.aarp.org/health/brain-health