

Brain Food!

Exercise Your Brain to Improve Overall Thinking, Processing and Memory

Learning is powerful and healthy!

Thinking allows the brain the stretch and exercise, strengthening the ability to process, recall, remember and analyze. The brain needs nourishment, just like the body, and problem solving/higher level thinking exercises allows the brain to do just that!

Join us for this four week class for mind stimulation and memory. Challenge your brain with exercises and games designed to improve memory, increase attention and processing, and strengthen higher level thinking.

At the end of this seminar, each participant will be able to:

1. Develop strategies to improve overall memory function
2. Strengthen problem solving and analysis
3. Improve higher level thinking
4. Identify changes in overall processing skills
5. Use compensatory strategies in situations that provide increased challenges

This is a fun, interactive and supportive means to improve overall comprehension skills. It is a 4-week, one (1) hour class. The number of participants is limited to maximize participating benefit. Group interaction is strongly encouraged. Special conditions may apply and specific arrangements may be made. Materials are provided are included in the tuition cost.

Tuition Cost: \$160