

You're Invited

Brain Gymnasium

*Strengthening your brain power
one week at a time.*

Every Thursday

9:20 & 10:30 a.m.

Garden Room, Eskaton Monroe Lodge

It feels good to know you can engage fully in your life and the lives of people you care about. A strong brain makes that possible. Just as physical exercise keeps your body in good shape, brain exercise can do the same for your brain. You can get brain exercise here at Monroe Lodge with the Brain Gymnasium. It's good for you. It's done with the people you know. Come try a session for free to see how it works. Find out from those who have been doing the exercises that you too can be comfortable exercising your brain.

Research has shown that challenging your brain with mental exercises can help maintain healthy cognitive function, whether you're playing online brain games or going to weekly workout classes for the mind.

Presented by Michael Hirsch, retired UC Davis professor.

Please call or e-mail to reserve your space today!
916-441-1015 | MonroeSales@eskaton.org



eskaton.org/eml

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A leading nonprofit provider of aging services in Northern California since 1968

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