

Mind Boosters

A fun workout for the brain!

A brain fitness program for those who are in the early stages of memory loss and want to be proactive in maintaining their brain health.



Why Attend?

It's FUN! Participants enjoy the benefits of

- Increased mental stimulation
- Increased socialization, support, and encouragement

You LEARN!

- New techniques for memory enhancement
- Evidence based learning of Total Brain Health's ten thinking skills
- The connection between physical activities, exercise, and overall brain health

IN PERSON

Every Friday

10:30 a.m. - 12:30 p.m.

Fee: \$40

LOCATION

Front Conference Room
414 South Jefferson St. Napa

REGISTRATION & INFORMATION

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