



Join us for Whole Brain Workouts

Exercise for your Brain

Starting Mondays March 11th – 10 am.

**Join us for a short brain workout after exercise at
the Senior Center**

Senior Connections is sponsoring a weekly fun and challenging brain exercise to help adults stay mentally healthy. There are a wide variety of research-based activities including knock-knock jokes to brain teasers and puzzles to visual illusions.

The exercises can be worked on individually or as a group. There is no charge to participate and a healthy snack will be offered. Let's maintain our brains!



715-394-3611