



MindSet

Are you giving your brain a good workout?

Do you know that certain kinds of brain exercises may help improve your brain health?

Based on the research by David Loewenstein, Ph.D., Professor of Psychiatry and Behavioral Sciences at the University of Miami, you will learn skills that help:

- Exercise your brain
- Create healthy habits
- Improve communication

These classes offer an organized approach to everyday living and will provide activities to stimulate memory and thinking.

Funded through the Administration on Aging and the Florida Department of Elder Affairs

OUR MISSION

Empowering
individuals and
families toward
self-sufficiency



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COST: \$25/person

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Seating is limited! Call Today: 941-364-7560