



Mind Fit: Optimize Your Brain Health

Wednesday, March 11th | 2:00pm - 3:00pm

Susi Q Senior Center

380 3rd St, Laguna Beach, CA 92651

During this interactive one-hour session, we'll engage in games, riddles, puzzles, trivia and more. Why? We're building brain reserves as we stimulate six core regions of the brain including memory, language, executive functioning, social cognition, perceptual motor functioning, and complex attention.



Presented by:
Marilyn Stemper

Call (949) 464-6645 to RSVP