



Mind Fit: Optimize Your Brain Health

**This class meets weekly on Thursdays from
March 19th to April 16th**

2:00 pm - 3:00 pm

**Norman P. Murray Senior Center
24932 Veterans Way, Mission Viejo, CA 92692**

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**

To RSVP, please call (949) 470-3062