



MindFit: Optimize Your Brain Health

**Join us weekly, on Thursdays, from
July 30th to September 3rd | 2:00pm - 3:00pm**

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

Brain health can be fun, social, and interactive. In this one-hour session, participants will actively play games, puzzles, trivia, and other brain-boosting activities designed to support memory, attention, problem-solving, and mental flexibility. This class offers a lively, hands-on way to stay mentally engaged while connecting with others and having fun.



**Presented by:
Marilyn Stemper,
TheKey**

Call (949) 470-3062 to RSVP

Helpline: 844-373-4400 | www.alzoc.org