

Live Joyfully and Actively

*IT'S NOT HOW OLD YOU ARE,
IT'S HOW YOU ARE AT ANY AGE*

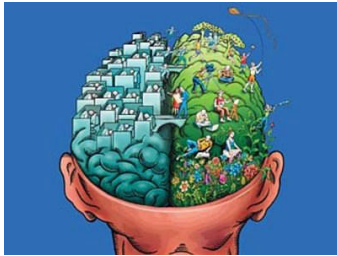
FREE INTRODUCTION (\$200 value)

Brain Gym® Introduction

Activate and synergize the brain for better living

What's the same no matter how old you are? We must be engaged, have movement and purpose. Movement develops the brain and keeps it growing.

With Brain Gym you activate the whole brain the way nature intended, through movement.



What Are The Benefits of Brain Gym?

Memory & Concentration	Sleep
Communication	Energy Levels
Balance & Mobility	Vision & Hearing

for **ACTIVITY/REC. DIRECTORS**
INDEPENDENT ADULTS (all ages)
CAREGIVERS
ADULT CHILDREN

PARENTS
TEACHERS
EARLY CHILDHOOD DEVELOPMENT
THERAPISTS

Dates, Times & Locations:

Grace Presbyterian Church, WC

10 am – 12 pm

July 10

September 18

Rossmoor, WC

9:30 am – 11 am

August 17

To register: Call, email, or go web site
Pam Whitman, 925-253-1223
info@transitionpoint.org
www.transitionpoint.org

