

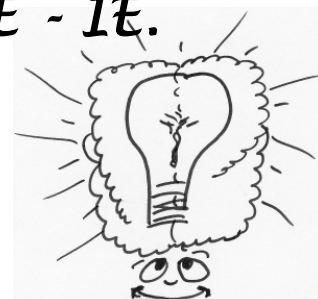


BRAIN BOOSTERS #1 FOR ADULTS

(New movements)

**SWITCH ON YOUR BRAIN & BODY,
IMPROVE QUALITY OF LIFE - IE.**

COGNITIVE FUNCTIONING, MEMORY,
MENTAL FITNESS, CONCENTRATION,
INDEPENDENCE, COMMUNICATION SKILLS



MONDAYS, June 28 - August 16 (no July 19 & 26)
9:30 - 11:00AM

Grace Presbyterian Church, Fellowship Hall
2100 Tice Valley Blvd., Walnut Creek

WITH **PAM WHITMAN, MA,**
MOVEMENT & PERFORMANCE SPECIALIST



**Brain Gym® EXERCISES DEEPLY ROOTED IN
RHYTHM WHICH IMPROVE FULL BODY
COORDINATION & FOCUSED ATTENTION**



FOR INDEPENDENT ADULTS (all ages), CAREGIVERS, THERAPISTS,
ACTIVITY/REC. DIRECTORS, ADULT CHILDREN

6 WEEKS FOR ONLY \$60 - CALL NOW TO REGISTER \$20/day
925-253-1223 email: info@transitionpoint.org

Registration Brain Boosters June 28 - August 16, 2010

Name _____ phone _____

Address _____

City _____ State _____ ZIP _____

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