

# Enroll in an 8-week Brain Fitness Class!

Developed and led by the **Waterman Village Brain Wellness Academy for Seniors**, this



**Waterman Village**  
*Brain Wellness*  
*Academy*  
*for Seniors*

class is ideal for those who have memory concerns or who want to stimulate cognitive function and enhance memory.

- ✓ Learn how to improve brain function
- ✓ Work on critical thinking, attention and memory
- ✓ Discover the connection between diet and the brain
- ✓ Learn how to improve your mood
- ✓ Engage in stimulating games and more!

\$100 tuition covers all classes, activities and your textbook. Assessments will be made before and after the course so that you can see the changes that have occurred over the 8-week course.

**Space is limited**, so don't delay. Reserve your space before **Monday, January 8, 2018** by contacting:

Coleen Connolly  
(352) 383-0051 ext. 313

Chaplain Alan Jones  
(352) 383-0051 ext. 285



## UPCOMING 2018 CLASS SCHEDULE

Choose from three options:

- 1** Mondays & Wednesdays  
10 a.m. - Noon  
January 15 - March 7
- 2** Tuesdays & Thursdays  
10 a.m. - Noon  
January 16 - March 8
- 3** Tuesdays & Thursdays  
2 - 4 p.m.  
January 16 - March 8

All classes are held at The Bridgewater on the campus of Waterman Village, 500 Waterman Avenue, Mount Dora, Florida.