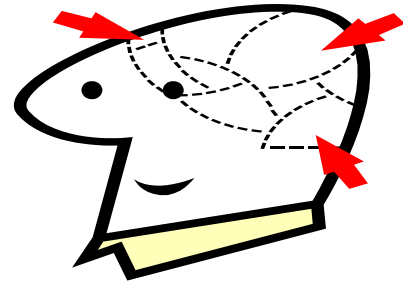


Hallowell Center
142 North Road
Sudbury, MA 01776



Staying Sharp: Brain Fitness for Boomers and Seniors

Let go of needless anxiety

Feel happier

Keep sharp

Let your brain flourish!

Need to **keep working** or **learn something new**? Do you doubt your ability to start a new endeavor that requires **concentration** and a **good memory**? Age-related memory changes or slow thinking can lead to anxiety and depression. Current research shows that with proper brain training healthy older people can rejuvenate and improve their memory, concentration and learning abilities.

Brain training is the structured use of cognitive exercises aimed at improving specific brain functions; much more effective than Sudoku or crossword puzzles. Stave off Alzheimer's disease and dementia and let your brain flourish! The six session group program (\$30/per session) will *meet Tuesday afternoons* for 6 sessions from 1:00-2:30p.m. It includes brain exercises, tips on diet and exercise, anxiety reducers, interactive discussions, guest speakers and some regular homework.

Re-wire don't retire your brain. Get sharp, gain confidence and take on those challenges that other boomers and seniors just dream about. Private sessions also available.

Call Rebecca Shafir M.A.CCC, to register (978) 287-0810 x117