



Get Your Mind in Motion!

**Minds in Motion is an Innovative Program
Focusing on Brain Gaming & Exercising the Mind**

Minds in Motion Focuses On:

- Brain Games and Cognitive Exercise
- Word and Language Challenges
- Overall Wellness and Physical Health
- Physical Movement & Arts Exploration

Benefits Can Include:

- Improved Brain Functionality through Exercises
- Increased Concentration and Focus
- Enhanced Short Term Memory
- Improved Visual Memory and Faster Processing
- Camaraderie with Others with Similar Goals
- Opportunity for Socialization in a Comfortable Group Setting
- Easy Access to Support & Resources



**Minds in Motion meets once a week for an 8 week session
from 9:30am - 11:30am at the Senior Services Building,
4700 Dublin Ave in Midland. Sessions occur on a semester-basis.**

A New Class Begins in April

Call 633-3700

to set up a personal in-office memory
screening to determine eligibility.

Minds in Motion is \$20 per session
(billed monthly). Financial assistance may
be available for eligible participants.



SENIOR SERVICES

Better Living Starts Here