

brain fitness for life

Seminar



The Brain Fitness For Life seminar is based on research on the brain's ability to change, adapt, and rewire itself.

This cognitive-enhancing program is open to all who are interested in learning strategies on how to strengthen the brain and develop healthy brain habits.



This is a Friendship Center program, informed by Dr. Kenneth Kosik's: *Outsmarting Alzheimer's: What You Can Do To Reduce Your Risk*
License #421701581

6-week series

Wednesdays

Aug. 3 - Sept.7

10 a.m. - noon

Held at

All Saints-by-the-Sea

86 Eucalyptus Lane

Montecito

Please contact
Luciana Mitzkun Cramer

@ 805 969-0859

to reserve a spot.

Class limited to 20.

Cost: \$150