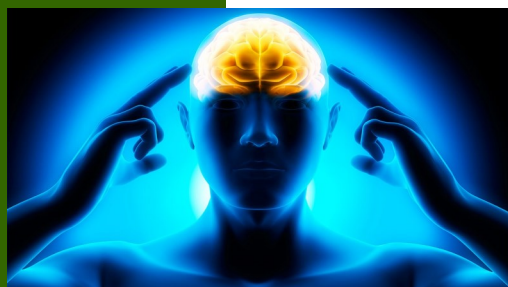




CONNECTIONS

Weekly Brain Fitness Program

Enhance your Brain Power!



Montecito

Mondays
10 a.m. - 2 p.m.

Goleta

Thursdays
9:30 a.m. - 1:30 p.m.

Cost: \$50/session
(includes lunch)

Connections is a *brain fitness program* open to everyone in our community who wants to improve memory and overall cognitive skills.

It offers a chance to proactively do something to promote memory retention.

Fun and challenging games, puzzles, and memory enhancement exercises offered in a friendly environment.

Other activities include support group discussions, music & light exercise.

*Connections instructors are professionals trained in memory care.
This is a Friendship Center program.*

License #421701581 (Montecito) #425801731 (Goleta)

Registration is required.

Before you start the program, we'd like to meet with you in person!

For more information, please contact:

Goleta: Tracy 805.845.7454

Montecito: Luciana 805.969.0859