



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FUN FOR THE BRAIN

TOTAL BRAIN HEALTH EDUCATIONAL SERIES Brain Workout Course Part II

Welcome Back to Part II of the Total Brain Health Fitness series. Let's Get Healthy! Let's Get Motivated! Join us for the Total Brain Health-Brain II Workout series at the **Colerain Senior and Community Center** located at **4300 Springdale Road, Cincinnati, Ohio 45251**. Experience hands-on, brain boosting activities to optimize your cognitive fitness. The 5 part educational series will be facilitated by Gerontologist/Brain Health Specialist, Patricia Faust, MGS. The program is open to the community free of charge. Please register yourself and or your parents/grandparents at the Clippard Family YMCA (513) 923-4466 or Colerain Senior Center (513) 923-5050.

Time and Date

Thursday evenings on June 1, 8, 15, 22, and 29 from 6 p.m. until 8 p.m.

Contact

Nora A. Dashley,
Program Director-Seniors
Clippard Family Y and
Colerain Community & Senior Center
P: 513-923-4466
E: ndashley@MyY.org

Supported by

