



## **Sarasota's Premier Downtown Rental Retirement Residence**

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### **Independent & Assisted Lifestyles**

**Join Us for a Preview of the  
MindSet Program**

**Friday, September 6, 2019  
2:00 PM to 3:30 PM**

**Healthy Refreshments & Prize Drawings**

## **MindSet**

**Are you giving your brain a good workout?**

**Do you know that certain kinds of brain exercises may help improve your brain health?**

**Based on the research by David Loewenstein, Ph.D., Professor of Psychiatry and Behavioral Sciences at the University of Miami, you will learn how the two-session class will teach skills that help:**

- **Exercise Your Brain**
- **Create Healthy Habits**
- **Improve Communication**
- **Get Organized**

**The MindSet program offers an organized approach to everyday living and will provide activities to stimulate memory and thinking.**

### **Preview Sponsors**



**Perfect Solutions  
for Seniors**

### **Seating is Limited!**

**For More Information or to  
RSVP Call (941) 955-9099 or  
Go to AldermanOaks.com**