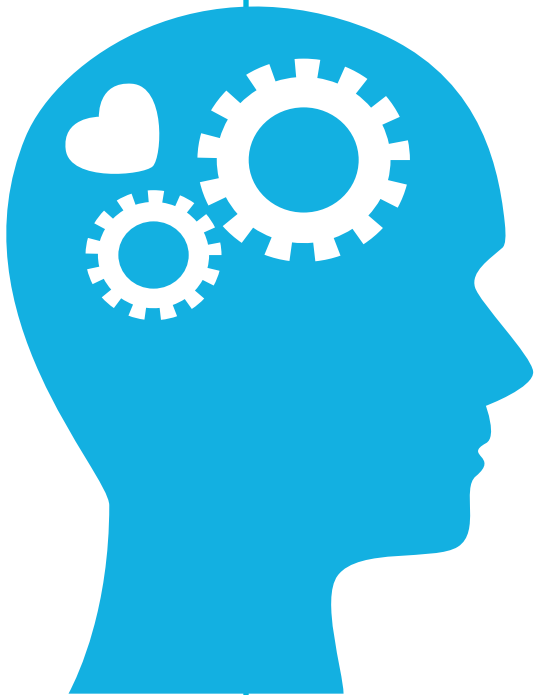




MindSet Classes



Are you giving your brain a good workout?

Based on the research by David Loewenstein, Ph.D., Professor of Psychiatry and Behavioral Sciences at the University of Miami, you will learn skills that help:

- Exercise your brain
- Create healthy habits
- Improve communication
- Get organized

These classes offer an organized approach to everyday living, and will provide activities to stimulate memory and thinking. Because they build on each other it is most beneficial to attend all classes in the series.

FREE

Monday, September 16 & Tuesday September 17

9:30 AM - 12:00 PM

Please call TO RSVP 941-366-2224 ext 123
Seating is Limited.

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