



**Sarasota's Premier Downtown
Rental Retirement Residence**
Independent & Assisted Lifestyles

**Join Us at Alderman Oaks
for MindSet Classes**

**Monday and Tuesday
January 13 and 14, 2020
1 PM to 3 PM**

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.



**The MindSet Classes are
Offered by JFCS of the
Suncoast.**

**Katie Scott, Presenter
www.JFCS-Cares.org**

Seating is Limited!

**For More Information or
to RSVP Call Katie at
941- 366-2224 (ext. 123)**