

Wellness Wednesday



Mind Aerobics: Put Your Best Brain Forward

Jan. 27, 2021
2:30 - 3:45 p.m. EST

Just like we try to keep our bodies as healthy as possible, our brains need regular exercise to address normal cognitive changes that come with aging. Join Lynn Breuer for a fun, informative, and interactive presentation on the aging brain including:

- Lifestyle factors that impact brain health
- Non-pharmacological interventions
- Evidence-informed cognitive training exercises.

No workout clothes required!

Register: [JFSAnnArbor.org/events](https://www.JFSAnnArbor.org/events)

Lynn Breuer, LMSW, CHC, CDP, is the Director of Community Outreach & Wellness at Jewish Family Services of Metropolitan Detroit and oversees the ElderCare Solutions of Michigan geriatric care management division.

