

# MIND AEROBICS

## A WORKOUT FOR YOUR BRAIN



- This evidence-informed program uses games and activities to target reaction time, visual and spatial abilities, attention and concentration, memory, language, and problem-solving
- This program is suitable for people with mild to no cognitive decline and no impairment
- Classes will be held virtually
- Class size is limited to 12 people

Tuesdays &  
Thursdays  
January 11, 2022  
to  
March 31, 2022  
2:45-4:00 PM

Visit our website to learn more  
and REGISTER:  
<https://jfsannarbor.org/events>

The fee for this  
24-session  
course is \$240

To register please follow the link or contact Jacob Singer at [jsinger@jfsannarbor.org](mailto:jsinger@jfsannarbor.org). For more information or to inquire about a scholarship, please contact Jacob.