

WELLNESS

WEDNESDAY

Presents **December 08, 2021**

4:00 - 4:30 pm

A Virtual Event

Mind Aerobics: A Workout For Your Brain

JFS will be offering a new Mind Aerobics course starting on January 11, 2022. Please join us for this informational webinar on Mind Aerobics. This evidence-informed program uses games and activities to target reaction time, visual and spatial abilities, attention and concentration, memory, language, and problem solving. During the program, we will discuss the benefits of Mind Aerobics and go through some example exercises. Please register at: <https://jfsannarbor.org/events>

