Neurobics+ Newsletter Articles

You work hard to take care of yourself--you eat right and exercise and get plenty of sleep. Be sure you to work out your brain as well! Join us for Neurobics+ by Masterpiece Living, an eleven-week course designed to exercise your mind. In Neurobics+, you will learn about strategies to improve your memory and keep your brain healthy. You will also learn about dementia and Alzheimer’s Disease—and find out what you can do to minimize your risk of developing these conditions. Research has shown that Neurobics has a positive effect on older adults’ memory abilities. Don’t miss out! Sign up [insert details here].

**Myth:**

As you age, you lose brain cells and never replace them. Cognitive decline is therefore inevitable.

**Fact:**

The human brain is capable of creating new neural connections throughout life. As long as you keep learning, your brain keeps growing!

Join us for Neurobics+ by Masterpiece Living to learn the facts about memory and brain health. Neurobics is an eleven-week course designed to exercise your mind. In Neurobics+, you will learn about strategies to improve your memory and keep your brain healthy. You will also learn about dementia and Alzheimer’s Disease—and find out what you can do to minimize your risk of developing these conditions. Join us at the following days and times:

[insert details]