



CONNECTIONS

Weekly Brain Fitness Program

Enhance your Brain Power!



Goleta

Mondays & Thursdays
9:30 a.m. - 1:30 p.m.

Montecito

Mondays
10 a.m. - 2 p.m.

Cost: \$50/session
(includes lunch)

CONNECTIONS is a *brain fitness program* open to all those who wish to improve memory and overall cognitive skills.

It provides an opportunity to learn and practice techniques designed to enhance memory retention.

Fun and challenging games, puzzles, and memory strengthening exercises are offered in a friendly and stimulating environment.

Other activities include support group discussions, music and light physical exercise.

CONNECTIONS instructors are professionals trained in memory care.
This is a Friendship Center Brain Fitness program.
License #421701581 (Montecito) #425801731 (Goleta)

Registration is required.

For more information, please contact:

Goleta: Tracy 805.845.7454
Montecito: Luciana 805.969.0859