



Community Services
& Parks

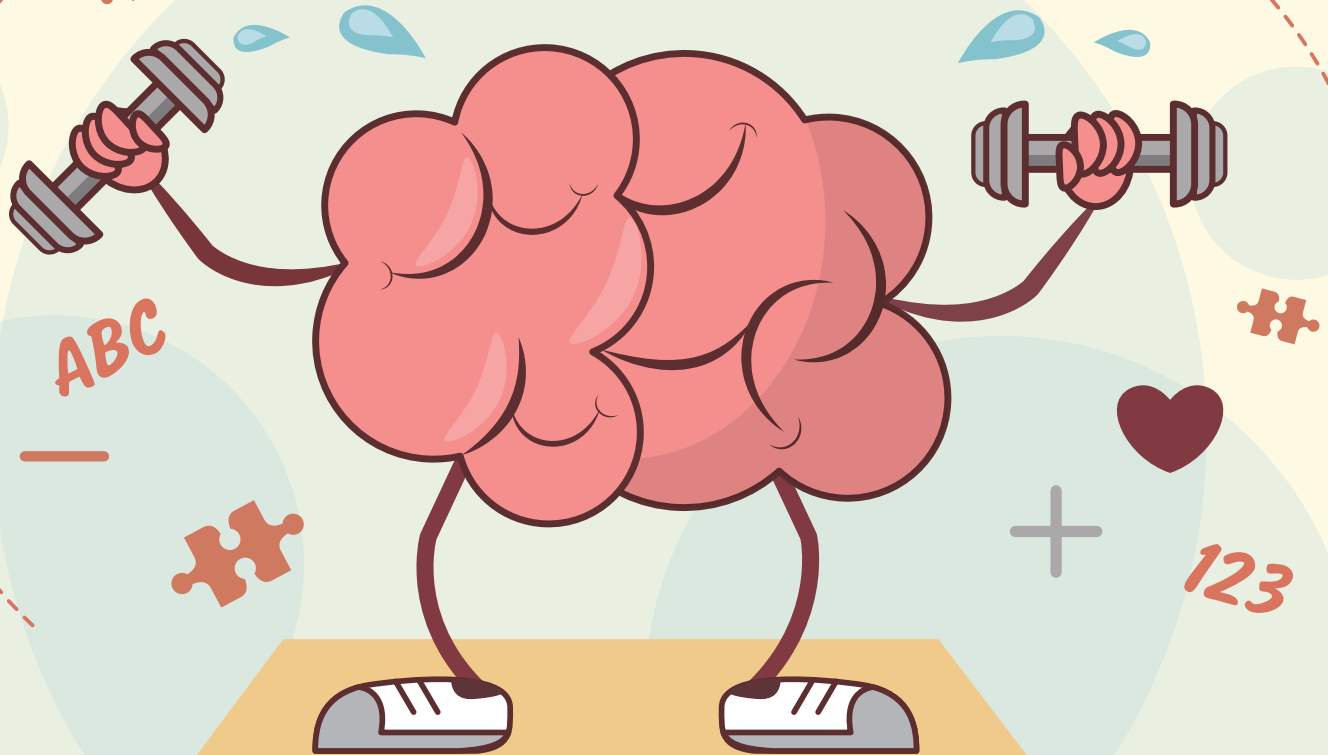
Parks
Make
Life
Better!

Age Well®
Senior Services

Brain Workout

Thursday, October 21, 2021 • 10:00 a.m. to 11:00 a.m.

Hosted by: Community Services & Parks
Presented by: Age Well Senior Services



What is brain exercise?

The brain is not a muscle but it can function as one. When we exercise it, our brain gets stronger. To keep it stronger we need to keep challenging it regularly. Brain exercise includes training the following skills: memory, reasoning, processing speed, concentration, logical sequencing, problem solving, and visual-spatial skills.

Email CSPCARES@GLENDALECA.GOV with your first name, last name, and telephone number. We will email you a link to join the virtual presentation. For more information, please call (818) 937-7410.

Disclaimer: The City of Glendale's Community Services & Parks Department is not affiliated with the presenting organization. All topics and speakers are presented for informational purposes. The organization's or speaker's opinions do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.