

Total Brain Health

Total Brain Health is held on Friday at 1pm in the conference room, and the current program is a 20 week course which will end in July. Maintaining cognitive fitness is a primary concern among adults over the age of 50. The TBH BRAIN WORKOUT Toolkits outline 20 easy-to-do activities designed to help guide active aging groups through brain-boosting activities that are scientifically grounded, engaging, and practical to deliver.

March, 2017