

Neurobic Exercises for the Brain and Body

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Neurobics is aerobics for the brain. Learn ways to be more flexible and resourceful to "think outside the box". Discover how to improve your memory and recall. All exercises are based on brain research for increasing brain functioning. Using methods such as "mind-mapping, mind-body exercises like "Brain Gym", visual-perceptual games for speed and accuracy, and other meta cognitive strategies; we will explore well-proven strategies for increasing focus and creative thinking on many levels.

INSTRUCTOR: HEIDI BALDASSARE, MA LEARNING SPECIALIST

SESSION DATES: 4/6 – 5/4

TUESDAY: 3-4PM AGES: 16 +

COST: \$30 PER SESSION – PRE-REGISTRATION REQUIRED



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