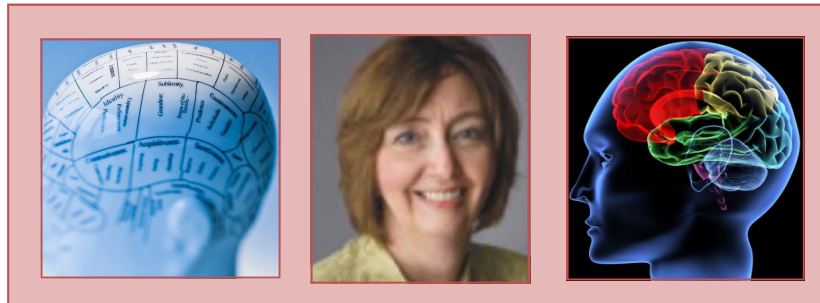




## November Study Group ~ Brain Fitness

1:00 pm Thursday, November 13th, 2014



Just as we need to exercise our bodies, we also need to exercise our minds to keep them fit. Some research has shown that brain stimulation can help prevent age-related cognitive decline and can also improve normally functioning minds. Learn ways to engage all of your senses daily and have some fun with brain teasers.

Linda Loshen, BSN, RN, serves as the Director for the Center for Healthy Living at Holy Name Medical Center. Ms. Loshen recently became a Life Coach, focusing on helping individuals to achieve their personal wellness goals.

**Riverside Square Conference Center—Lower Level**  
**360 Hackensack Ave, Hackensack, NJ**

Cost: \$5 for Members \$10 for Non-Members

Questions? Contact Ruth Seitelman 201-836-2916,  
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