Health and Wellness Series: Games Aren't for Kids

As we age, it is no secret that we have difficulty remembering things like lists and new information. However, what you might not know is that although cognitive changes in your brain cannot completely be stopped, they can be delayed. It sounds like hard work, but in reality, you can train your mind through fun games that stimulate different areas of your brain.

As we focus on our intellectual theme for overall wellness this month, consider joining us for this Health & Wellness Series Workshop that will review normal age-related changes in the brain and give you time to interact with games and apps to challenge your memory and keep you sharp.