

# LOOKING FOR A FUN WAY TO EXERCISE YOUR BODY AND MIND?

## ***Join the Brain & Body Fitness Program***

**THURSDAYS AT 10:30 AM  
APRIL 22 - MAY 27**

### Program Description

- Some change in memory and thinking are normal as we age, and some may feel concerned about changes they are experiencing.
- This class is for those who are concerned about changes they notice in their memory and thinking who want to improve their physical and mental wellbeing.
- Brain & Body Fitness combines light exercise, brain health information and mental activities designed to help strengthen our physical and mental wellbeing as we age.



**This class is brought to you by MSCR and the UW-Madison School of Nursing. This class is free, but registration is required.**

**Register through MSCR at**

**[https://apm.activecommunities.com/mscractivenet/Activity\\_Search/gr-virtual-brain-body-fitness/22683](https://apm.activecommunities.com/mscractivenet/Activity_Search/gr-virtual-brain-body-fitness/22683)**

**For questions, call (608) 709-1928.**