



Please join the Old Lyme Mental Wellness group for a free workshop by Dr. Alicia Farrell.

Fit Body, Fit Mind: Making the Most of Your Brain Power

What have you done for your brain lately?

Want to keep the tools in the shed sharp and well oiled for long lasting independence and personal fulfillment? Just as our bodies need a fitness regimen, so do our brains.

Learn scientifically based practical ways to keep a healthy brain, how proper nutrition and exercise can help prevent dementia and techniques to improve your memory.

This is an empowering workshop you do not want to miss!

Tuesday, November 10th at 7:00 p.m.

This workshop is free and open to the public.

Location: Lymes' Youth Service Bureau

59 Lyme Street, Old Lyme

860-434-7208 www.lysb.org

All are welcome. Refreshments provided.

Questions? Call Liz Rubitski @ 860-304-1993 or email olcommunityconversations@yahoo.com

Sponsored by the Old Lyme Mental Wellness Group

We are a group of community members who meet to discuss mental wellness issues, meeting on the 2nd Tuesday of the month at 7:00 p.m. at LYSB.

All are welcome!