

BAGS, BALLS & BRAINS

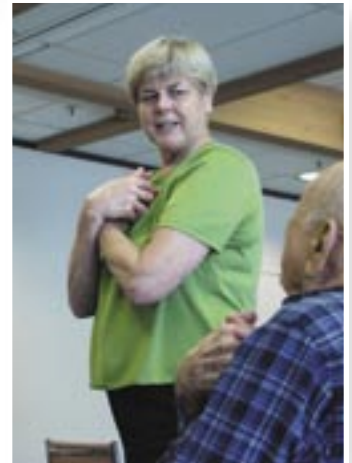
SPONSORED BY SENIOR NEW WAYS

Learn Activities Deeply Rooted in Rhythm to Help You Improve Full-body Coordination and Focused Attention



WHAT YOU CAN GET OUT OF PLAYING WITH THESE EXERCISES REGULARLY:

- Simultaneous use of both brain hemispheres
- Body-brain integration
- Clarity of thought and self-expression
- Improved memory
- Improved access to your inherent creativity
- Improved sense of rhythm & timing
- Faster response time
- Improved physical coordination & balance
- Increased sense of confidence



TWO CLASSES: ONE'S JUST RIGHT FOR YOU

LEVEL 1 BASICS for ACTIVE ADULTS / SENIORS

Free Introductory Class: Thursday, March 2 ■ 1:30 – 3 pm

8 Week Class: Thursdays, March 9 – May 4 ■ 1:30 – 3 pm (no class 4/13)

COST: \$85 for 8 weeks – \$80 + \$5 equipment use fee (\$45 for March – due 3/9; \$40 for April due 4/6)

LEVEL A for LESS MOBILE SENIORS

Free Introductory Class: Thursday, March 2 ■ 11 am – 12 noon

8 Week Class: Thursdays, March 9 – May 4 ■ 11 am – 12 noon (no class 4/13)

COST: \$85 for 8 weeks – \$80 + \$5 equipment use fee (\$45 for March – due 3/9; \$40 for April due 4/6)

Both classes at Los Altos United Methodist Church

Creekside Room • 655 Magdalena Road in Los Altos

www.bags-balls-and-brains.com

FOR MORE INFORMATION / TO REGISTER CONTACT

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LINDA FASTE, M. Ed., M.A., is a Licensed Brain Gym® Instructor / Consultant and State of CA credentialed educator.

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