

SENIOR LEARNING



"Brain Health – Use it or Lose it!"

Birchwood Senior Living is dedicated to keep seniors healthy and thriving, thereby allowing them to enjoy life to its fullest. Therefore we are excited to offer a **FREE Senior Learning presentation** that will discuss ways in which senior can **focus on improving their memory and staying fit...** because if you don't use it, you lose it!

Joins us as we learn fun ways to stay active and healthy!

Topics of discussion:

PHYSICAL EXERCISE AND SLEEP

- Walking, bowling, yoga, take an exercise class, DVD exercise, etc....
- Establish a sleep routine (same bedtime, wake up time and nap time)

NUTRITION: *If God or Nature made it, eat it. If man has messed with it, don't eat it.*

- Triple your vegetable intake-especially leafy greens.
- Stop or limit eating processed foods--inflammation has drastic effects on the brain, joints and muscles.

BRAIN EXERCISE: *Neurogenesis is Real- create new neurons and pathways.*

- Brain needs exercise just as the body does.
- New learning information is key! (hobby, new dance style, learn a challenging game)



Monday, June 5th 2017
2:00 p.m. to 3:00 p.m.

Birchwood Arbors
750 NE 1st Street | Forest Lake MN

RSVP to: Shawna at 651-466-1023

***FREE** learning event
for Seniors!

Treats & Beverages will be
provided.

