



Senior Care & Activities Center Presents:

## "Total Brain Health: Tips for Better Memory and Brain Fitness

by Dr. Cynthia Green, PhD

**March 25, 2010**

**6-9 p.m.** at Senior Care

110 Greenwood Ave. Montclair, NJ 07042

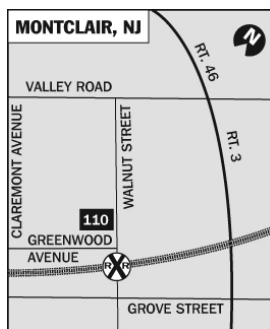
**Please RSVP to 973-783-5589 ext 14**

This free Spring 2010 Caregiver Education Seminar is  
Sponsored by The Essex County Division of Senior Services and Senior Care

Refreshments will be served.

Brain health is one of today's hottest topics. But what exactly does it mean to be brain healthy? How can we achieve better brain health? Do those new brain fitness software programs really work? Join us and learn the real scoop on memory improvement and brain health.

Dr. Cynthia Green, a leading expert on memory and brain fitness and author of *Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness* as well as the newly released *Brainpower Game Plan* will guide us through the fact and fiction of brain health, focusing on what the science shows (and doesn't!), as well as her 10 top suggestions for what we can do to boost our brain health.



Senior Care is located between Claremont Ave. and Walnut St. .  
Take Exit 151 off the Garden State Parkway, take Watchung Ave.,  
west to Grove St., turn left at light, proceed to Walnut St.,  
turn right and left onto Greenwood Ave.

**Senior Care**  
**AND ACTIVITIES CENTER**  
*Adult Day Care*

[www.SeniorCareCenter.org](http://www.SeniorCareCenter.org)

Senior Care is a nonprofit adult day health care program serving  
Essex County Seniors and their families since 1978