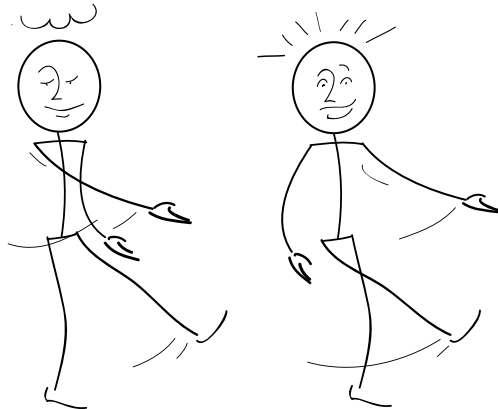


Brain Exercise 1. Lightly tap the sides of your head with your finger nails to excite those little neurons...



Brain Exercise 2. Goose step in place to focus for whole brain activity



BrainMinders™ for Seniors

“What were you thinking?”

I wasn't thinking... I was remembering!

Bibliography

Brainfit by Corinne Gediman and Francis M. Crinella, Ph.D.

Mozart's Brain and the Fighter Pilot by Dr. Michael Restak

The New Brain by Dr. Michael Restak

Keep Your Brain Alive by Lawrence C. Katz, Ph.D. / Manning Rubin

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