



City of Burnsville

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FOR IMMEDIATE RELEASE

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Contact:

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City of Burnsville

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Lifelong Brain Gym® Classes Available for Adults 50+

Come and experience how to move your body for optimal health, longevity and brain function. Brain Gym® is a series of simple, easy and enjoyable brain activities and physical movements that directly enhance brain function. It is as simple as touching your right hand to your left knee and your left hand to your right knee, which activates the right and left hemispheres of the brain simultaneously, improving reading, comprehension, speech, spelling, vision, writing, listening, hearing, balance and whole brain-body coordination. By combining the Brain Gym® activities with a 5 step balance process, you can achieve significant gains in physical coordination, memory and concentration skills, focus and attention, circulation, and energy levels.

Burnsville City Hall – Small Community Room

\$13/session or \$30 for all 3 classes (handouts will be provided for you to practice at home and books will also be available for purchase)

Wednesday, January 6th – “Intro to Brain Gym”

Wednesday, January 13th – “Jump Start the New Year with a Brain & Body Tune Up”

Wednesday, February 10th – “Improve your Focus”

11:45 am – 1:00 pm

Bring your lunch & dessert will be provided! Registration deadline is the Monday prior to each class. For additional information or to register, please contact Amber Jacobson at 952-895-4575 or amber.jacobson@ci.burnsville.mn.us.

A minimum of seven students is required to hold each class.

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