

Mind & Body

Mindful Aging: Brain Boosting Sessions

Join us for an enriching and invigorating journey to enhance mental, social and physical well-being! We will explore a variety of cognitive exercises, social interactions and light physical activities aimed at promoting wellness. Coffee will be provided so bring your favorite cup and join us on this path to wellness and thriving while aging. **Keyword: Aging**

Aug. 6-Sept. 24	T	10-11 a.m.	\$19
Falls City, FCLC, 109	Perkins	AREA6840-FCUA	

For more information, contact Lisa Hunzeker at
402-323-3396 or lhunzeker@southeast.edu.

You must have an email account to register online.