



Alzheimer's
Resource
of Alaska



Mind Aerobics™

for Alaskans worried about memory loss.
12-week session, meeting twice a week for 1 hour

To register or for more information contact:

Anchorage [907-561-3313](tel:907-561-3313)
Mat-Su [907-746-3413](tel:907-746-3413)
Statewide [1-800-478-1080](tel:1-800-478-1080)

\$240 for a 12-week session.

Scholarships available.

Pre-Screening required - call for eligibility.

Made possible with support from:

Trust
Alaska Mental Health
Trust Authority



This full-brain workout is designed to help people who have concerns about their memory and want to keep their mind sharp. The classes focus on exercising the six major areas of the brain:

- Memory
- Concentration
- Processing Speed
- Visual-Spatial Acuity
- Language
- Problem Solving