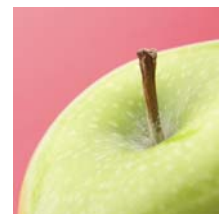


*Savor this tasty new delight from
Wiser Now, Inc.*



Brain Aerobics Weekly is a deliberately low-tech, downloadable subscription-based publication that can be easily printed out and shared with others. Each week's pdf file is a great mind-activator/resource for Boomers, independent older adults, senior centers, and support groups. Although aimed at cognitively intact older adults, subscribers have access to an online, regularly updated booklet that provides explanations of how to adapt the activities for people with dementia.

Each week includes logic, trivia and imaginative exercises, along with discussion topics, word games, resources and a potpourri of more.

Brain Aerobics Weekly's goals are to:

- **Reduce stress** (Relaxed learners learn more)
- **Have fun** (Laughter brings oxygen to your brain to literally "freshen" your thinking) and
- **Build self esteem** (by exploring your strengths and interests)

Answers are provided, and if you have to refer to them, well, that's an equally good way to learn new information and exercise your brain.

View a sample issue at www.brainaerobicsweekly.com. Individual subscriptions are only \$5/month and creator Kathy Laenhue is open to requests for alternate format and pricing options from organizations. Write or call (9 -5 Eastern time) for more information.

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