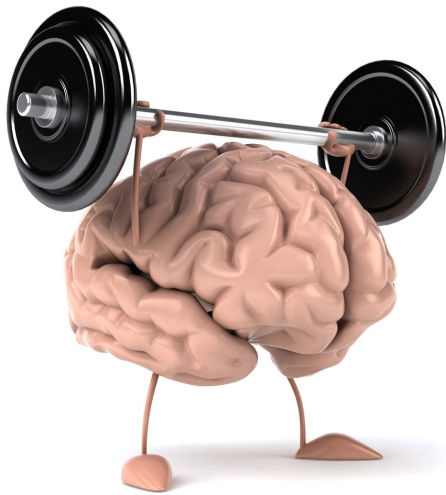


Brain Fitness & Education



This series focuses on everyday ways we can live our life that are scientifically proven to help the brain. Each week we will see a TED Talk on a given topic and talk about ways to incorporate each aspect. This series is focused on ways to keep the brain healthy and is not designed for those suffering from neurological illness. Attending all 6 sessions is most beneficial.

Mondays 10:30am-12:00pm

Week 1 - Jan 7 Introduction: Brain & Meditation

Week 2 - Jan 14 The Brain & Gratitude

Week 3 - Jan 21 The Brain & Games

Week 4 - Jan 28 The Brain & Stress

Week 5 - Feb 4 The Brain & Sleep

Week 6 - Feb 11 The Brain & Food

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