

## New **Brain Fitness** and Cortex by **InSight** Programs

Featured on Public Television and Researched by University of San Francisco and Mayo Clinic!

If you are 45 years old or more, you can lose 10+ years in "Brain Age!"



### "Brain Fitness" Program

A global team of more than 50 scientists at leading universities created the "Brain Fitness" program for Posit Science. Huntington Beach Adult School is now the first school in Orange County to offer this groundbreaking program to older adults, 45+, in the community!

Sign up for our new "Brain Fitness" classes, and work out daily on the software exercises specially designed to be responsive to your response level. This new program requires absolutely no experience on computers. The "graduates" from our first eight sessions report dramatic results – proven increases in memory, response time, communication skills, emotional well-being, and thinking skills.

**You will feel the difference** immediately as you...

- Lose 10 years in your "brain age!"
- Improve your memory for names, directions, facts, lists and ideas.
- Sharpen your listening and thinking skills, and
- Gain Vitality, confidence and alertness that you thought you had lost for good!

Enjoy the motivation of your fellow seniors in the class as well as our Instructors Suzanne Messina and Sharon Fleming who are specially trained to coach you through the class.

### No Computer Experience Necessary!

Call now to enroll in "Brain Fitness." **Class sizes are limited!** Remember you must commit to regular attendance in this demanding program in order to attain "brain fitness" gains. No one says it will be easy, but it will be the best thing in your life you did yourself. Don't delay! Research indicates that after 1½ years, you should return to review the program again. We will be here for you!

Class sessions are 5 weeks, 4 days/week, **1:00 to 2:30p, Mondays through Thursdays.** All classes are held at the **Fountain Valley Senior Center** Computer Lab.

*Students need to complete two class sessions to master all the lessons and receive the full benefits of the program.*

No classes 1/18, 2/8, 2/15, 5/31, 7/5

**Fee: \$50**

**087543** M-Th 1/11-2/18/10  
**087544** M-Th 2/22-3/25  
**087544** M-Th 3/29-5/6  
**087544** M-Th 5/10-6/10  
**087544** M-Th 6/14-7/15



Please contact Suzanne at [suzanne@diver.net](mailto:suzanne@diver.net) or 626/221-1119, Sharon at [sfleming22@gmail.com](mailto:sfleming22@gmail.com) for more information.

### "InSight" Take the next level of Brain Fitness!

**Improve Your Visual Memory & Processing Time!** *Cortex for Insight* takes "Brain Fitness" to the next level. Huntington Beach Adult School is now offering the latest software from Posit Science for visual processing and memory.

Class sessions are 5 weeks, 4 days/week, **11:00 to 12:30p, Mondays through Thursdays.** All classes are held at the **Fountain Valley Senior Center** Computer Lab.

*Students need to complete two class sessions to master all the lessons and receive the full benefits of the program.*

No classes 1/18, 2/8, 2/15, 5/31, 7/5

**Fee: \$50**

**087552** M-Th 1/11-2/18/10  
**087553** M-Th 2/22-3/25  
**087544** M-Th 3/29-5/6  
**087544** M-Th 5/10-6/10  
**087544** M-Th 6/14-7/15

### Now Offering Evenings! "Brain Fitness" or "InSight" for Active Seniors Who Are Busy During the Day!

Students may take either "Brain Fitness" or the follow-up class, "InSight." Class is **10 weeks, 6:30-8:00p, Mondays and Wednesday evenings.** *Students need to complete four class sessions to master all the Posit Science lessons in either course.*

No classes 1/18, 2/8, 2/15, 5/3, 7/5

**Fee: \$50**

**087543** MW 1/11-3/25/10  
**087544** MW 3/29-6/10/10  
**087543** MW 6/14-8/18/10