

# **CITY OF FOUNTAIN VALLEY**

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## ***PRESS RELEASE***

Raymond H. Kromer, City Manager \_\_\_\_\_

**TO: News Media**  
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**Community Services Supervisor**  
**714-593-4446**

### **Brain Fitness Fountain Valley Senior and Community Center**

The Huntington Beach Adult School will be offering a Brain Fitness course at the Fountain Valley Senior and Community Center. In the Posit Science Brain Fitness Program, participants will “work out” daily to improve memory, sharpen listening skills and gain confidence.

This five week class will be held Monday through Thursday, March 21 – April 28, 2011, from 1pm - 2:30pm. This class, for adults 55 and older, will be held at The Center at Founders Village Senior and Community Center, 17967 Bushard Street, Fountain Valley.

To enroll in this class, contact the Huntington Beach Adult School at 714-901-8106 or visit their website at [www.hbadultschool.com](http://www.hbadultschool.com).

For additional information on this program and other recreation activities, please contact the Fountain Valley Recreation and Community Services Division at 714-593-4446 or go to [www.fountainvalley.org](http://www.fountainvalley.org).

Recreation and Community Services – Promotes Health and Wellness