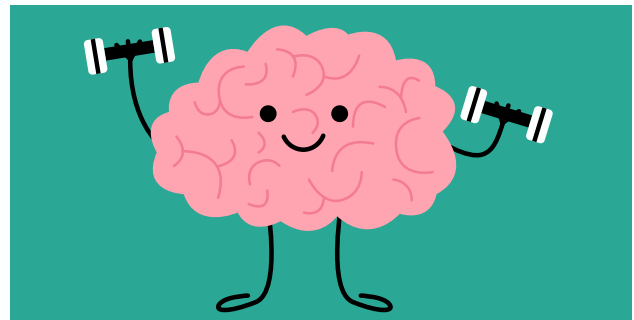


# FOCUS & FLOURISH BRAIN HEALTH SERIES

Join the beta 6-week Brain Health Fitness program offered exclusively by  
BFit & Well Annex

## PROGRAM OVERVIEW

Participate in cutting-edge exercises focused on eye movement, balance, focus, and vestibular-oculofocus (VOR) exercises. These exercises aim to sharpen processing speed, enhance memory, and boost mental clarity.



## WHAT IS NEUROPLASTICITY?

Neuroplasticity is the brain's ability to adapt, restructure, and optimize its functions in response to new learning or experiences. This program taps into that ability, helping your brain become faster, stronger, and more efficient.

## BENEFITS

- Improved brain speed & attention
- Enhanced memory & decision making
- Greater balance & reduced dizziness
- Stronger communication abilities
- Sharper more adaptable brain



## WHO IS THIS FOR?

Prioritizing those 55+. It's never too late to enhance your brain health. Whether you're looking to sharpen your mind or improve balance and focus, this program offers something for you.

**TUESDAYS 11:30-12:20PM • JAN 28-MAR 4, 2025 • \$149**

Investment fee includes access to all 6 classes  
Space is limited, register today! Details below



To register:  
Text or call 907-229-7652  
Or email [bonnie@bfitandwell.com](mailto:bonnie@bfitandwell.com)

