



Mental Fitness for Optimal Brain Power

TUES, DEC 15
11:30 AM – 12:30 PM

**WEBINAR
REGISTRATION**

WELLNESS.AZ.GOV
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Earn 25 HIP Points!

We are able to weaken,
destroy, or create new,
stronger connections within
our brains everyday.

Discover challenging
mental exercises that can
slow down or prevent
cognitive decline.