

# Exercise Your Brain!

Wed., March 24, 2010 12:00 Noon

The BIG READ event at the

Y Waynesboro YMCA Y

for

“Older Active Adults”



Join us for:

- ❖ A Lecture on the Importance of Exercising Your Brain
- ❖ Brain Exercises & Prizes
- ❖ LUNCH

*Must Preregister by March 22, 2010 at the Y's Front Desk*

Or by Calling 540 943-9622 (YMCA)

First 15 to Sign Up & Show Up Will Receive a FREE copy of

“Fahrenheit 451”

See Ya There and bring a Friend!!!!

648 S Wayne Ave, Waynesboro