



A Sampling of Topics Revealed in Our Seminars

The **Multi-Modal Method** (MMM): music, movement, manual motion and mindful meditation

- Neuroplasticity and the Aging Brain
- Focus and Attention
- Protecting Your Memory
- Infinite Mind
- Mindful Meditation
- Your Authentic Self
- Yoga, Balance and Stretch
- Sensory Awareness
- Visualization
- Sign Language and Your Brain
- Your Brain on Music
- Dance/ Movement
- Physical Exercise, Nutrition and Lifestyle
- Creativity
- Unlearning and Obstacle Thinking
- The XXX Change
- Mirror Neurons
- Brain Awareness
- Wisdom, Gratitude and Joy
- A Whole New Mind and A New You

These topics and others will be woven into the interactive experiences of songs, dance and movement, and sign language throughout the two day seminar.

Please Join us in the Circle...
A Celebration for the New You!

This will be a time for music, dancing, hors d'oeuvres, beverages and sharing at the end of day two of our seminars...