



Felician Village

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For Immediate Release

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From: Jennifer Meyer, Housing Coordinator/Marketing Assistant (684-7171 Ext 361)

Headline: **Felician Village Offers “Engage Your Brain” Class**

Felician Village is currently holding a class called “Engage Your Brain”. The class focuses on preventative brain health, including maintaining memory and mental acuity through mind fitness exercises, learning about nutrition and physical exercise, and incorporating opportunities for socialization as an important way to promote healthy aging. The class also incorporates the It’s Never 2 Late Computer system, a senior friendly computer system that also helps sharpen cognitive skills. Felician Village is the exclusive Manitowoc County provider of the It’s Never 2 Late computerized mind fitness system. Each class is led by Felician Village Brain Health Coordinator, Lisa Hagenow, and will also occasionally feature guest speakers. Every session is different so participants are able to attend every class or as they are able.

The classes are held in the Glab Lounge at The Gardens at Felician Village, 1700 S. 18th St. The class meets every Monday from 10 a.m. – 11 a.m. and is open to the public. The cost is \$4 per class.

For more information, please call 684-7171, ext. 338.