

# The *Yoga Groove* PRESENTS

## Neurobicize Me!!!

### Exercises for Your Brain

with Patricia Faust, Gerontologist, and  
Sharon Byrnes, M.Ed., ERYT, C-IAYT



**Patricia Faust, M.S.** in Gerontological Studies. Clinical aromatherapy, brain health coaching and wellness certified. Creator of "The Healthy Brain for Life" course.

With aging we expect to lose a bit of height but we never expected our brain to shrink, and the aging brain, losing cells and connections, begins losing memory!



Are you concerned about:

- \*Frustrating Memory slips?
- \*Embarrassing "tip-of-the-tongue" lapses?
- \*Arriving on time for a meeting...but on the wrong day?
- \*Sensing your own or a loved one's memory loss?

*If you have any of these concerns, then it's time to exercise your brain with **Neurobics!*** Gerontologist, Pat Faust and Yoga Therapist, Sharon Byrnes are teaming up to teach you brain building basics to open up new neural pathways for a higher functioning brain.



**Sharon Byrnes, M.Ed,** ERYT500, C-IAYT, YACEP, Accessible Yoga Teacher

We HEAR with our ears, but we **listen** with all of our senses. Come and learn some playful exercises to improve listening, balance and confidence while also reducing stress:-)

**Where:** The Yoga Groove 4242 Airport Rd. (46226)

**When:** Sat. June 9th - 2-3:30PM

**Investment:** \$40 by May 26th \* \$50 5/27-5/25 \* \$55 at the door.

**REGISTER:** [theyogagroove.com](http://theyogagroove.com) or call 513-658-1952