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Date: August 25, 2008
To: Local Media
From: Linda Bantell, Health Educator

Please publish the attached press release as often and as soon as possible. If you have any questions, you may call me at 860-721-2824. Thank you.

FOR IMMEDIATE RELEASE:

Seniors! Keep Your Mind in Shape with Mental Aerobics

The Central Connecticut Health District and the Berlin Senior Center have joined the Newington Healthcare Center in sponsoring a new program for seniors. Sarah Merlini, Social Worker, will lead "Mental Aerobics," an hour long program of fun-filled activities designed to give the mind a work-out to maintain mental wellness.

Research has shown that as we age, connections between the brain cells are altered, but activity increases brain functioning and may build reserves of brain cells and connections. Activities that require use of the brain stimulate brain function and help to slow down or stop cognitive decline that often occurs as we grow older.

Mental Aerobics is held on the 2nd **Monday** of each month at the Berlin Senior Center, 33 Colonial Drive, Berlin from **10:30 a.m. to 11:30 a.m.** The next session will meet on Monday, September 8, 2008. Call the Berlin Senior Center to sign up at 860-828-7006. For further information, call the Central Connecticut Health District at 860-721-2818.