

The Memory Academy

A workout for the mind and body.



The *Memory Academy* is a 12-week curriculum

designed for older adults who want to learn more about maintaining their brain health. The course combines mental and physical fitness exercises, stress reduction, nutrition and socialization.

Offered through OASIS

Location: The Nottingham
1301 Nottingham Road, Jamesville

Dates: January 23 - April 9, 2012

Time: Mondays, 9:30 am - 11:30 am

(For more information call Oasis at 315-464-6555)

THE CENTERS AT
 **St. Camillus**
www.st-camillus.org