

# Staying Sharp: Brain Fitness for Boomers & Beyond

With author, speech pathologist & neurotherapist



**Rebecca Shafir M.A.CCC**

Read about her at [www.MindfulCommunication.com](http://www.MindfulCommunication.com)

***"We had about 80 people at your wonderful presentation. For the first time in six years of Forums, almost everyone took notes. There is great interest in having you come back for follow up. I hope we can arrange it. Congratulations!"***

**Dave Harmon Forum organizer - Weston Golf Club**

*In this 60 minute presentation, Rebecca discusses:*

- *Brain Fitness as a personal and economic priority*
  - *Neuroplasticity and Memory made simple*
- *Practical ways to prevent Alzheimer's and dementias*
  - *Innovative and effective ways to manage stress*
- *Drug-free ways to improve memory & concentration*
  - *Brain Training - what works and what's hype?*

***Learn more....***

**Contact Rebecca at (978) 255-1817 or [RebeccaShafir@gmail.com](mailto:RebeccaShafir@gmail.com)**