

Darien Senior Center Presents

3 Session Lecture Series on Replenishing Your Body and Brain Mondays at 12:45pm



Session Monday June 7th: Feeding the Body and Brain

Nutrition for the body and brain will be discussed. We will talk about foods that keep you healthy, alert and engaged. The focus will be on foods that feed your brain for optimal function, foods that keep the heart and arteries healthy, your blood pressure in check and your weight down.

Session 2 Monday June 14th: Exercise and Relaxation

Here we will discuss how both exercise and relaxation are equally important to your health and how to build both into your daily life. Participants will experience the basics of deep breathing techniques as well as a variety of other relaxation modalities.

Session 3 Monday June 21st Memory Enhancement Strategies

Memory skills and strategies for retention will be discussed. We will learn about the foundation for maintaining strong memory skills and then proceed to learn a variety of strategies building on this foundation.

**** Handouts and appropriate websites will be provided at each of the 3 Sessions**

About the Facilitator: Rochelle Field, has been a Licensed Clinical Social Worker for over 30 years. Her clinical practice includes work with individual, couples, families and groups. The bulk of her career was spent at Silver Hill Hospital in New Canaan. She is a much sought after speaker, lecturer, educator and community activist.