

Improve your brain, your body, and your helping heart

Three programs presented by Bob Layne

The Aging Brain and What You Can Do About It WEL154

Yes, it's a fact that as we age there are changes in our brains both in its structure and in its function. This course explores these changes and most importantly presents some of the ways that we can minimize their negative effects. Research shows that even as seniors we can easily improve the quality of our lives.

The course is presented once a week over eight weeks. Each session is somewhat independent and covers topics that fit into the overall theme. The first part of the course covers the normal and abnormal changes that occur in our brains and why they happen. The middle of the program is about specific conditions including Alzheimer's, Dementia, Parkinson's and Stroke. We discuss their causes, signs and some preventative measures. Finally, we will discuss specific things you can do to improve your overall brain health.

There are videos, slides, demonstrations, handouts, summaries and references to make the material easy to understand no matter what your background.

Simply put, if you want to increase the healthy life span of your brain, the information presented in this program may help.

You Are What You Eat Eat's WEL225

Everything we are or will be is derived from the food we eat. The components of our food become the building blocks of our body.

This presentation explains the nutrients that food provides and how they are incorporated into our body. We explain which nutrients can be harmful and can bring about serious medical problems and how to regulate them. Research has shown how changing our diet can impact many physical and mental conditions in as short as 8 days. We are not too old to begin improving our health.

We will discuss what specific easy changes we can make in our diet whether we cook or dine out. We will also take a "tour" of our local Wal-Mart, Publix and Aldi's to point out what healthy choices are readily and affordably available.

There are videos, slides, demonstrations, handouts and resources to make the material easy to understand no matter what your background.

Please join me to learn how to eat smart and be healthy.

Choose Your Charity Carefully

Our time and our money are the major resources that we have to help others who may not be as well off as we are. In our “golden years” we realize that these resources are limited so we need to get the best results and the most satisfaction out of them that we can.

This session will help us understand how to select those organizations that align with our values and how to evaluate them. It doesn't take a lot of money to make a big difference. It takes an understanding of how to measure what is a meaningful impact. There are thousands of organizations eager to have our money. We will explore the various resources we have and to be able to evaluate and compare them.

Please join me to learn how to become a better giver.



A Not-for-Profit Lifelong Learning Center

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