

BOOT CAMP FOR THE BRAIN!

**AUGUST
5-7, 2019**

TAKE THE CHALLENGE:
Boot Camp for the Brain

TOUR GUIDE AND HOST:
Center 50+ Director,
Marilyn Daily

- Limited to 23 guests.
- **EXPLORE** the correlation between renewable energy resources such as sun, wind, and water and our **BRAIN POWER!**
- **IMPROVE** your brain health while enjoying art, music, great food and wine and beautiful scenery.
- **CHALLENGE** yourself to try new things, meet new people, and **COMBAT BRAIN FOG.**

DON'T WAIT!
CALL TODAY
503-588-6303 or
register online at
[www.cityofsalem.net/
Center50](http://www.cityofsalem.net/Center50)



3-day “Whirlwind” Camp—Designed to Reboot and Energize Your Brain!

Day 1: Salem

- Dr. Robert Winningham—Keeping the Brain Sharp
- Mike Studer—Physical Therapy Evaluations—Brain & Body!
- Dr. Lawrence Sherman—Music & Brain. Brain-Healthy Dinner & Concert

Day 2: Hit The Road The Dalles & Columbia Gorge

- Dr. James Lane—Mindful Meditation

- Columbia Gorge Discovery Center & Basalt Cafe
- Lodging at Cousins Country Inn
- Dinner at Baldwin Saloon
- Walking Mural Tour

Day 3: The Dalles

- The Dalles Dam—Hydropower
- Rufus Wind Farm—Wind Power
- Oldest Bookstore—Klindts
- Maryhill Art Museum
- Wine Tasting at Sun Flower Mill

Three days of educational sessions and brain exercise, five amazing meals, lodging, transportation, personal body and brain assessment, piano concert, wine tasting, and a whole lot of fun!

**\$329 per person (double occupancy) or \$599 per couple (single queen bed).
Reserve Your Space Today! Center 50+ Travel Desk.**