



*Monthly  
Educational Series  
Brought to you by  
Thousand Oaks  
Council on Aging  
SAMP Health Team*

## *Healthy Brain, Healthy Body, Healthy Spirit*

Monday, September 16, 2013

4:00 – 5:30 p.m.

Grant R. Brimhall Library

Marvin E. Smith Community Room

Featuring:

Tee Barr, Brain Fitness Instructor, Senior Concerns  
Lori Michiel, Owner/Trainer, Lori Michiel Fitness  
Paul Norr, Wellness Coach, Holistic Financial Planner

RSVP: 805-381-7362 or [councilonaging@toaks.org](mailto:councilonaging@toaks.org)

Leave your name and the program you will attend.

### **SAVE THESE DATES**

October 21: Eating Right for the Holidays

November 18: Osteoporosis—Are You Fit to a T?

Watch for details on next year's exciting events:

January 13★February 10★March 10★April 14★May 12★June 9

[www.toaks.org/seniors](http://www.toaks.org/seniors)