



# Aerobics of the Mind

*Marge Engelman*

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## **Aerobics of the Mind** Marge Engelman

Author Marge Engelman believes sound mental fitness practice is based upon the "use it or lose it" philosophy. Learn how you can encourage older adults to stretch their thinking, try new ways of behaving, stimulate memory and develop a more creative brain. This comprehensive guide shows you how to create a mental fitness program from the ground up. Includes warm-up strategies, model programs that can be adapted for your group, thinking exercises and activities and an annotated list of publications and organizations.

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