

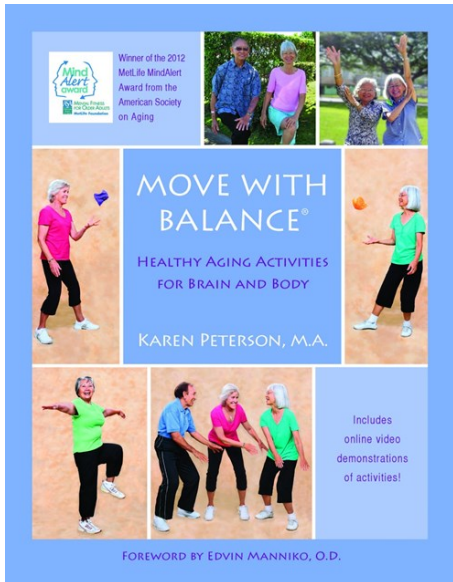
New Brain Gym Book!

MOVE WITH BALANCE

**Healthy Ageing Activities for
the Brain and Body**

By Karen Peterson, M.A

Excellent & Highly Recommended!



This book is about an award winning Brain Gym program, Move With Balance, that was developed in Hawaii in 2000 for elderly people in the community. Move With Balance is designed to enhance whole-brain integration and develop a strong connection between the body and the brain. The book demonstrates activities and exercises, including Brain Gym, that enhance a person's sense of balance, and improves their cognitive functions and sense of wellbeing. The brightly illustrated book, which links to 60 on-line demonstration videos, is loaded with dozens of movements, that anyone can do, even the frailest elderly person. The results include increased coordination, sharper cognitive skills, better vision, and enhanced self-confidence. This Brain Gym program, scientifically proven to reduce falls, is perfect for your needs, whether you are a group leader, a caregiver, or using the program for yourself.

This book is an excellent support and follow-up to Claire Hocking's 'Brain Gym for Aged Care' and 'Brain Gym for Healthy and Active Ageing' workshops.

Cost \$65 (inc gst & postage/handling)

Cheques payable to 'Claire Hocking' or payment by internet banking and credit card/EFT available

For more information contact: Claire Hocking Phone: (03) 5282 5985 Mobile: 0419 569 071
Fax: (03) 5282 8542 Email: claire@wholebrain.com.au 43 Young St, Lara , Vic Australia 3212
Visit www.wholebrain.com.au for more Brain Gym resources. ABN: 17 381 090 700

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NAME: _____

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