

# It's like a health Club for your brain



SLR members discovering a 'Day in the Life of' our local Firefighters

thirst for knowledge that keeps us young and helps us adapt to a world of rapid change.

Lifelong learning guru Nancy Merz Nordstrom says that keeping the brain active and maintaining strong social relationships are vital ingredients in the happy lives of the after-50s.

*"When you look at the benefits gained from keeping your mind sharp, it's incredible. Lifelong*

*learning is like a health club for your brain. An active mind can stimulate physical activity and keep your spirits high. It's an all-around fantastic tool for better health."*

What was it like living in ancient Greece? What is the Internet of Things? What role do genomes play in personalised medicine?

It doesn't matter what you're interested in, or what you'd like to know, the Society for Learning in Retirement has been satisfying the curiosity of seniors and early retirees for 25 years. With around 600 active members and more than 150 course offerings each year, the Society is the preeminent source of lifelong learning in the Okanagan Valley.

SLR delivers a wide range of classes and programs that keep its members informed, engaged and amused. Subjects ranging from ancient artifacts to Zen Buddhism are offered in three semesters: fall, winter and spring. All are daytime classes delivered in a peer learning environment where members share their knowledge and interests in an atmosphere of friendship, fun and support.

SLR members are committed to the idea that lifelong learning opens the mind, creating a

SLR classes are open to all. No prerequisites, no homework, no exams. Just a warm, welcoming atmosphere to meet new friends and share interests that keep the brain cells buzzing. Low annual membership and modest course fees make SLR programs affordable, while state-of-the-art audiovisual systems and hearing assistance enhance the learning experience.

Visit the SLR Web site for more information on programs that will excite your curiosity. For details on how you can enjoy your first SLR course free, contact:

## **SOCIETY FOR LEARNING IN RETIREMENT**

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**IT'S LIKE A HEALTH CLUB FOR THE BRAIN.**

**Stimulating, fun and educational programs for curious minds.**

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