

# Mountain Projects, Inc.

This 2010 Ribbon of Hope grant supported the establishment of a Brain Gym in Haywood County. The Brain Gym allows participants the opportunity for regular mental workouts, emphasizing reasoning, memory, language, quantitative, visual and spatial skills in order to improve quality of life. In addition to cognitive training, participants will also learn about brain nutrition and the correlation between physical health and mental well-being. Seniors and Baby Boomers comprise the target population in Waynesville to use the Brain Gym.