



NEWS RELEASE

Mike Browning

PUBLIC INFORMATION OFFICER

Twitter: @cityofmborotn

Facebook: www.facebook.com/cityofmurfreesborotn

PHONE: 615-848-3245/642-3230 mobile

EMAIL: mbrowning@murfreesborotn.gov

Website: www.murfreesborotn.gov

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St. Clair Street Senior Center ‘Mind Benders’ compete in Brain Games

2016 Senior Brain Games Finals Scheduled for Friday, October 7 in Morristown

MURFREESBORO, Tenn. — When the Championship Finals for the 2016 Senior Brain Games get underway Friday, October 7 in Morristown, Tennessee, a team from the St. Clair Street Senior Center in Murfreesboro will be one of four finalists competing for the championship. The ‘Mind Benders’ will represent Middle Tennessee in the finals against teams from the West and East Tennessee and the previous year’s winning team, the ‘Morristown Senior Gamers.’

“We are proud of the Murfreesboro team representing Middle Tennessee in the Brain Games,” said St. Clair Street Senior Center Director Connie Rigsby. “We all want to stay healthy and independent as we get older. Our ‘Mind Benders’ team testifies to a fun way seniors can keep their minds healthy.”

The finals begin at noon Friday at Morristown’s First United Methodist Church. Prior to the finals, teams will participate in the Mayor’s walk in the Morristown City Center Town Square beginning at 9:15 a.m.

The Tennessee Senior Brain Games is sponsored by the Tennessee Commission on Aging and Disability in partnership with nine Area Agencies on Aging and Disability. An annual team trivia statewide competition, the Brian Games are designed to increase public awareness of the importance of brain health.

According to the Tennessee Commission on Aging and Disability, developing a brain disease or injury as you age depends on a mix of your family’s genes, your environment, and your health choices. Ongoing research is helping to learn more ways to maintain a healthy brain. While some risks to brain health cannot be controlled or prevented, like the genes you inherit, others are very much under your influence. Your brain benefits when you commit to a healthy diet, when you get active and stay active, and when you challenge yourself to learn new things at every stage of life.

For more information on the Tennessee Senior Brain Games contact Ryan Ellis at 615-253-4083 or ryan.j.ellis@tn.gov, or visit the Tennessee Commission on Aging and Disability website at <http://www.tn.gov/aging>.

For City News online, visit www.Murfreesborotn.gov.

Photo attached:

Seated Margaret Moore, Marilyn Nolan, Kris Delene (alternate not pictured: Carolyn Farrar) Standing St. Clair Senior Center Director, Connie Rigsby, TN Commission on Aging and Disability Executive Director Jim Shulman, GNRC Executive Director, Michael Skipper and GNRC Director of Aging, Norma Powell.

1. *Mind Benders Team.jpg*
2. *2016 Senior Brain Games Bracket.Exl*

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