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For Immediate Release

New Pamphlet to Promote Brain Fitness and Prevent Memory Loss

Free Review Copies from Journeyworks

July 2006 – Journeyworks Publishing announces a new pamphlet for adults of all ages to help stimulate brain activity and prevent memory loss.

Maximizing Memory: Exercise Your Brain offers great ideas on how to stay sharp and engaged through exercise, diet and mental stimulation.

Learning new skills, making healthy food choices and engaging in meaningful social activities are just some of the brain-enhancing strategies covered in this colorful, easy to read title.

Click on the link below to view this pamphlet online:

<http://www.journeyworks.com/prodinfo.asp?number=5417&top=>



To receive free review copies of the above pamphlet, professionals and educators can call 1-800-775-1998; send a fax to 1-800-775-5853; visit www.journeyworks.com; or write to Journeyworks Publishing, P.O. Box 8466, Santa Cruz, CA 95061-8466 and request review copies. Prices start at \$18 for 50 pamphlets. Information on bulk pricing is available by calling Journeyworks or visiting the website.

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