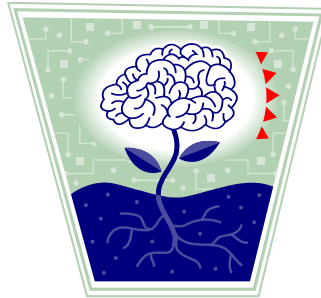


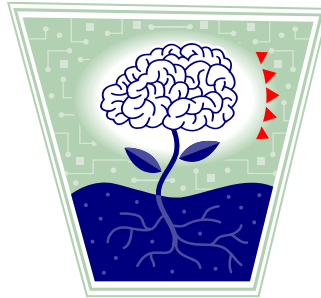
BRAIN BULLETIN BOARD



FOOD FOR THOUGHT

FOOD FOR THOUGHT

#4



Movement reenergizes the body and brain cells. Movement can shake the sillies out or wake up sluggish bodies and brains; it can be an antidote to the time of day or the climate.

(Laurie Bartles)