

# Boost Your Brain and Well-being Learn Bridge!



## When:

Mondays: 8:45am – 12:00  
commencing 8 February 2027  
Thursdays: 6:45pm – 10:00  
commencing 11 February 2027

## Where:

The Friary  
139 Brookfield Road  
Kenmore Hills

## Cost:

8 Free weekly lessons  
Reference material \$40

## Unlock the Benefits of Bridge!

Did you know playing bridge isn't just fun — it's scientifically proven to be good for your mind and body?

Bridge can be played at any level and provides mental stimulation alongside social interactions which are crucial for mental health and well-being.

This game encourages strategic planning, memory, visualization, and continuous learning.

A University of California study shows bridge can even boost your immune system! Bridge isn't just about cards—it is also about lifting the mood, sharpening the mind, and connecting with others.

Remarkably, studies reveal regular bridge play can lower your risk of developing Alzheimer's and dementia by up to 75%.

*"Bridge is more than just a card game. It is a cerebral sport. Bridge teaches you logic, reasoning, quick thinking, patience, concentration and partnership skills."*

Martina Navratilova

**If you are interested in learning how to play bridge, Kenmore Bridge Club offers free lessons. We pride ourselves on being a friendly and supportive club.**

**Come by yourself, or with friends.**

**It is fun and stimulating.**

**Interested? Want more information?**

**Contact Graham or Anne.**

## Contact us:

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