



# Improv

Keeping you young at heart  
and sharp in mind!

Improv is "The Art of Possibilities".

Want to have fun, sharpen your mind and  
feel good all at the same time!

Try IMPROV.

No experience necessary.

**yes  
AND...**



Using few simple Improv principles:  
Make your partner look good and feel amazingly smart!  
Train your brain to go with your gut  
Accept what comes your way...YES...and!

... have fun, while improving our health and our mind!