

# a few notes

## Topic: Fun Friday



## Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Did you know that dancing has great benefits for your health. In today's employee check-in, we look at [thebestbrainpossible.com](http://thebestbrainpossible.com) and get some insight. Just like learning a musical instrument, language, other skill. learning dance moves takes focus and activates the hippocampus. Keeping the hippocampus engaged is key for preventing cognitive decline and dementia. So let's get to dancing with Meghan Trainor's "Better when I'm dancing". Happy Friday.

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