

Chess, Backgammon & Draughts Club

The benefits of mind games like Chess, Backgammon & Draughts

- Develop perspective.
- Improve memory.
 - Deepen focus.
 - Elevate creativity.
- Boost planning skills.
- Increase self-awareness.
- Protect against dementia.

These games **help improve cognitive skills** as they require critical thinking to play them properly and become better at them. There are even some studies showing that they help players learn how to deal with stress while potentially also strengthening their immune system.

Come along on Thursdays at 1:05 (L5)
Learn how to play or develop your game.

