

CAMPAIGN FOR THE BRAIN

Memory Screening and
Educational Resources
to Support Brain Health



Wednesday, November 13 • 1-4 pm



Rubenstein Pavilion, 1410 N. Prospect Ave., Milw.

— OR —

Wednesday, November 20 • 1-4 pm



Posner Town Square, 10995 N. Market St., Mequon

Take advantage of a free, confidential memory screening and visit the stations to learn about the five things you can do right now to enhance your brain and keep it healthy!

1. Mental Exercise
2. Physical Exercise
3. Disease Prevention
4. Socialization
5. Nutrition

Engage in activities that will get your brain on the path to wellness!

Taste foods that are high in brain-healthy nutrients!

Learn about the connection between certain diseases and brain health, and how to keep yourself healthy!

Find out about ways to maintain the health of your body and your brain!

And so much more...

For more information, contact: Chai Point Senior Living,
Jewish Home and Care Center, **Dawn Adler 414-277-8838** or
Sarah Chudnow Community, **Connie Eastman 262-478-1506**