

# Boost Your Brain & Memory Program

*Improve Your Brain Health Today!*

The Boost Your Brain & Memory Program is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia. This program was designed for adults 55 and older and is an 8 week program meeting once a week for 1.5 hours.

**This program focuses on the concept of cognitive reserve through:**

- Physical Activity
- Emotional Health
- Intellectual Activity
- Nutrition
- Spiritual Activity
- Social Engagement

## When is it?

**Wilson Senior Center**

**Mondays**

**July 10 - August 28**

**12:15-1:45pm**



For more information or to register contact Wellness Coordinator Eric Pampuch:

**(414) 414-522-1639 or [epampuch@servingolderadults.org](mailto:epampuch@servingolderadults.org)**



MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES  
**AGING & DISABILITIES  
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