

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 online once a week for 1.5 hours.

BOOST YOUR BRAIN AND MEMORY



This program focuses on the concept of cognitive reserve through:

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

Online Program

Wednesdays

August 9- September 27 2023

10:00- 11:30 AM

CALL GREENDALE PUBLIC HEALTH TO REGISTER

414-423-2110

