

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

Location: Shorewood Senior Resource Center 2101 E Shorewood Blvd. Shorewood

Thursdays

**September 28– November 16
2023**

2:00pm– 3:30pm

For more information or to register contact: Elizabeth Price

(414) 847-2727 or EPrice@shorewoodwi.gov

