

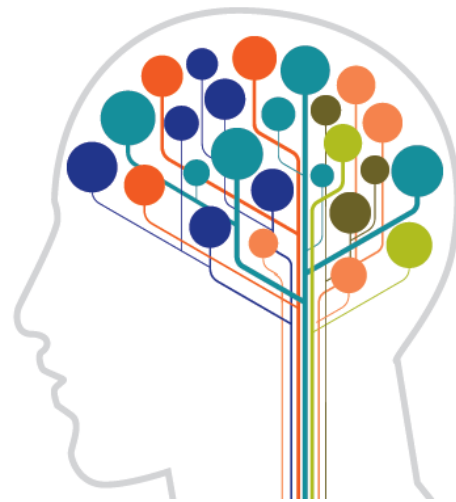
Boost Your Brain & Memory

Improve Your Brain Health Today!

The Boost Your Brain & Memory Program is a evidenced based program that takes a holistic approach to improving brain health. This program was designed for adults 55 and older and is an eight week program meeting once a week for one hour.

This program focuses on the concept of cognitive reserve through:

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



Boost Your Brain & Memory Virtual Program

Wednesdays

August 24-October 12

10:00-11:00am

For more information or to register:

(414) 289-6259 or DCS@milwaukeecountywi.gov