

Presenting the 11th Annual Friday Facts...Best Care Chats



Opening Pathways to Better Brain Health

Fridays · August 7, September 11 & 25, 2020
10-11:30AM

All sessions are a live webinar format and
registration is required by Thursday prior.

Register Online www.adrcevents.org OR
Call the Aging & Disability Resource Center 715-839-4735

No Cost · Advance Registration Required for Webinars

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NEW DATES! Please take note.

August 7: The Impact of Exercise on the Brain

Curt Riley, PT, DPT

Not only does physical exercises enhance muscle strength, bone density, and balance, another key benefit is brain power! Learn how exercise helps maintain and enhance mental sharpness and brain health.

September 11: Declutter and Organize for Better Brain Health

Connie Kees, Owner, Consult an Organizer, LLC , Member of the National Association of Productivity and Organizing Specialists

Is difficulty being organized all in your head? Maybe. Studies show that certain parts of our brain can be affected by chronic disorganization. Our brains change when we organize our lives. Stress levels decline when our home and work environments are less cluttered. Learn how you can feel better, be more productive, and brighten your outlook on life.

September 25: It's A Wrap

Lisa Wells, MA/Dementia Care Specialist, Aging & Disability Resource Center of Eau Claire County

Another year of better brain health! Let's pull it altogether and discuss key learning points from each seminar and put it into practice!

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