



Boost Your Brain and Memory

7-week Class

Mondays

September 19 - October 31, 2022

10:00 - 11:30 am

Dove Healthcare Community Room

1405 Truax Blvd, Eau Claire

Boost Your Brain and Memory Class is a unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

The 7-week class is free and attendance in all 7 classes is recommended.

The dates include:

9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31

**Please register online at the Aging & Disability
Resource Center, www.adrcevents.org or call 715-839-4735**

Register early, class size limited!

