



# Brain Check-Up

## A Closer look at Memory Changes

A brain health check-up (memory screen) is a wellness tool that helps identify possible changes in memory and cognition. We screen for other things, why not your memory?

It creates a baseline of where a person is at so that future changes can be monitored.

It's Free, confidential, and takes only 15 minutes!

**Location:** L.E. Phillips Senior Center  
1616 Bellinger Street, Eau Claire

**Dates:** Wednesdays, 1/18, 2/15, 3/15

**Time:** 1:00 - 4:00 pm (20 minute appointments)

Register online at  
[www.adrcevents.org](http://www.adrcevents.org)  
or call the ADRC at  
715-839-4735

### Get immediate results

#### Early detection is important

Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

#### Treatment may be possible

Some types of dementia are reversible, like those from nutritional & vitamin deficiencies, depression, thyroid issues, and more.

#### Knowledge means more control

Dementias that are not reversible may be treated with medications that could help with symptoms and preserve quality of life for a longer period of time.

