

LUNCH BUNCH WEEKLY BOOK CLUB

# HIGH-OCTAIN BRAIN

Bring your lunch and join the conversation on how to sharpen your memory at any age and reduce your risk for dementia.

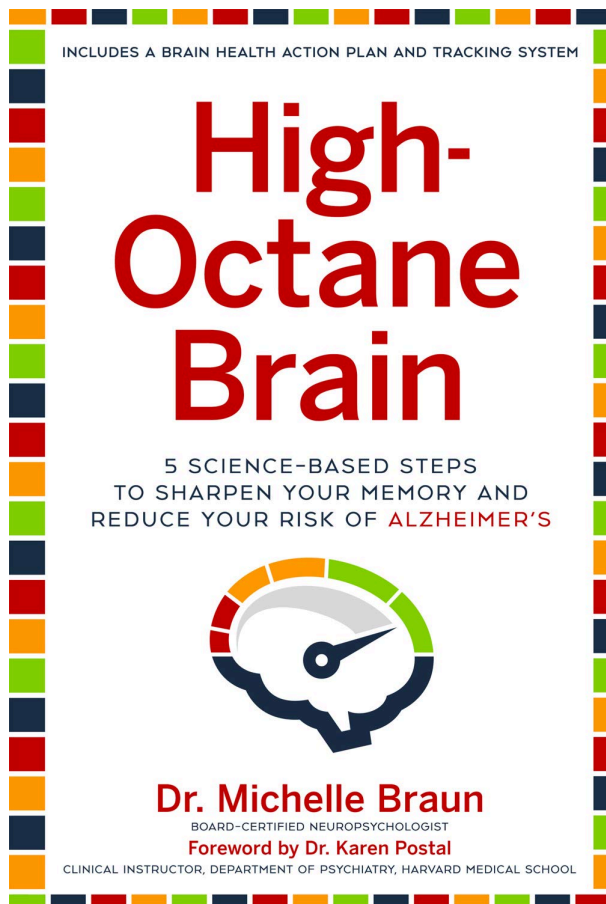
**Mondays**

**October 14 - November 18, 2024**

Noon - 1:00 pm

L.E. Phillips Senior Center

1616 Bellinger Street, Eau Claire



Limited space available, enroll today at [www.adrcevents.org](http://www.adrcevents.org) or call the Aging & Disability Resource Center of Eau Claire County at 715-839-4735 by October 4th.

Books available at most bookstores, online, or library.

