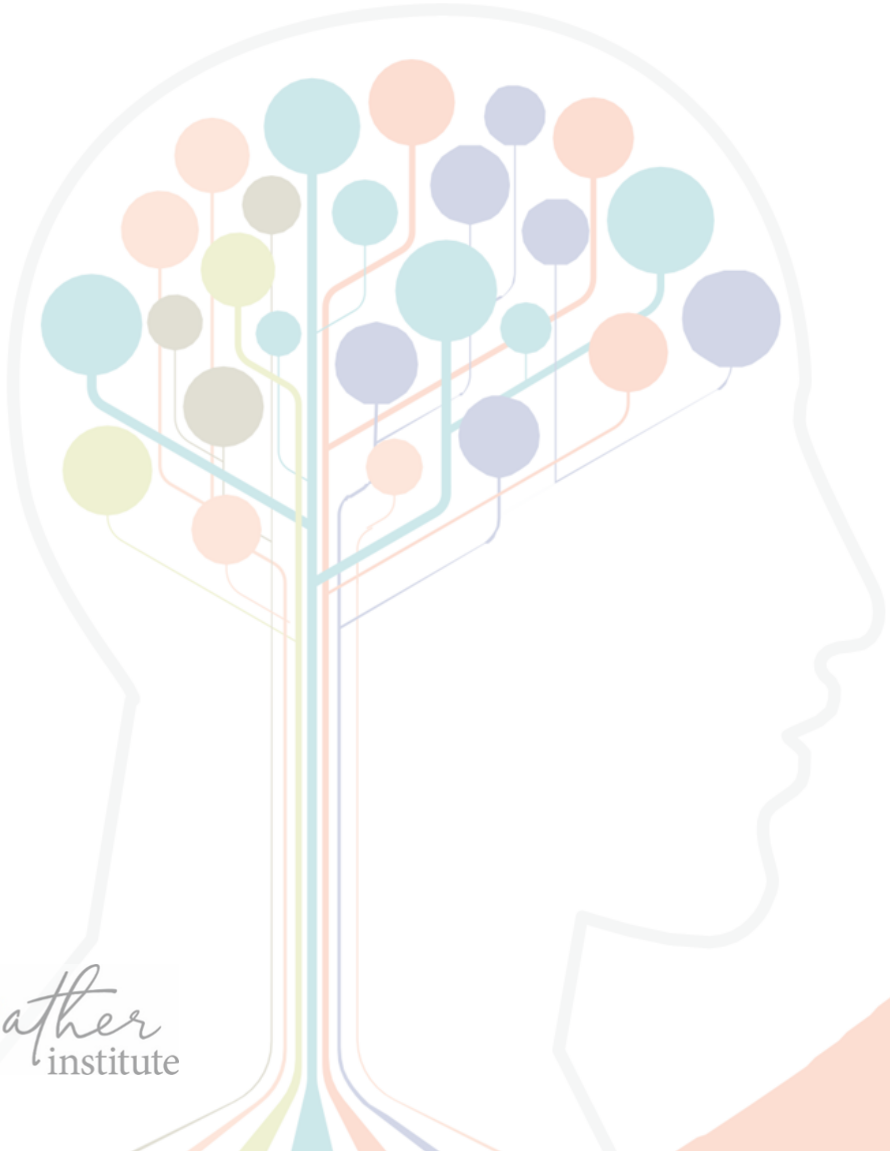
Boost Your Brain & Memory Class

Have you ever wondered if there were ways to take care of your brain as you age?

The Boost Your Brain & Memory Program is an evidence-based program that takes a **holistic approach to improving brain health.**

This **6 session program** focuses on a variety of lifestyle factors such as **physical activity, emotional health, nutrition, and social engagement**.

Participants will receive a **FREE workbook** with key concepts and targeted **follow-up exercises**.



Mather institute

ADRC
Aging and Disability Resource Center
of Fond du Lac County