



BOOST YOUR BRAIN & MEMORY

CLASS TOPICS:

1. Orient to Class & Introduction
2. Physical Activity
3. Emotional Health
4. Cognitive Health
5. Nutrition
6. Spiritual Activity
7. Social Engagement
8. Review & Summary

Mather LifeWays Institute on Aging created this evidence-based brain health program that goes beyond simple brain games. It focuses on a variety of lifestyle factors that impact brain health, and on memory strategies that participants can implement in their daily lives. Boost Your Brain & Memory offers a unique approach to brain fitness. Program participants will learn practices that can help them live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate their emotions. This class runs once a week for eight weeks. Participants must attend all eight, hour and a half long sessions.



**Interested in participating? Contact the
ADRC for current class registration!
(608) 355-3289**