"Boost Your Brain & Memory" Class!

The Aging & Disability Resource Center of La Crosse is offering an 8 series adult education class on ways to "Boost Your Brain & Memory". 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, whole-person 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.

To Register, Call:
The Aging & Disability Resource Center of La Crosse County
608-785-5700
Classes are FREE but space is limited. Must attend all 8 classes.

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

Have you ever wondered if there were ways to take care of your brain as you age?
This class is for you!

Classes are twice a month, offerings and times vary.

Call the ADRC for current class registration!
Facilitators include:
Dementia Care Specialist of ADRC
Alzheimer's Association Outreach
UW-Extension Community Educator
and other local area experts on the topics covered!