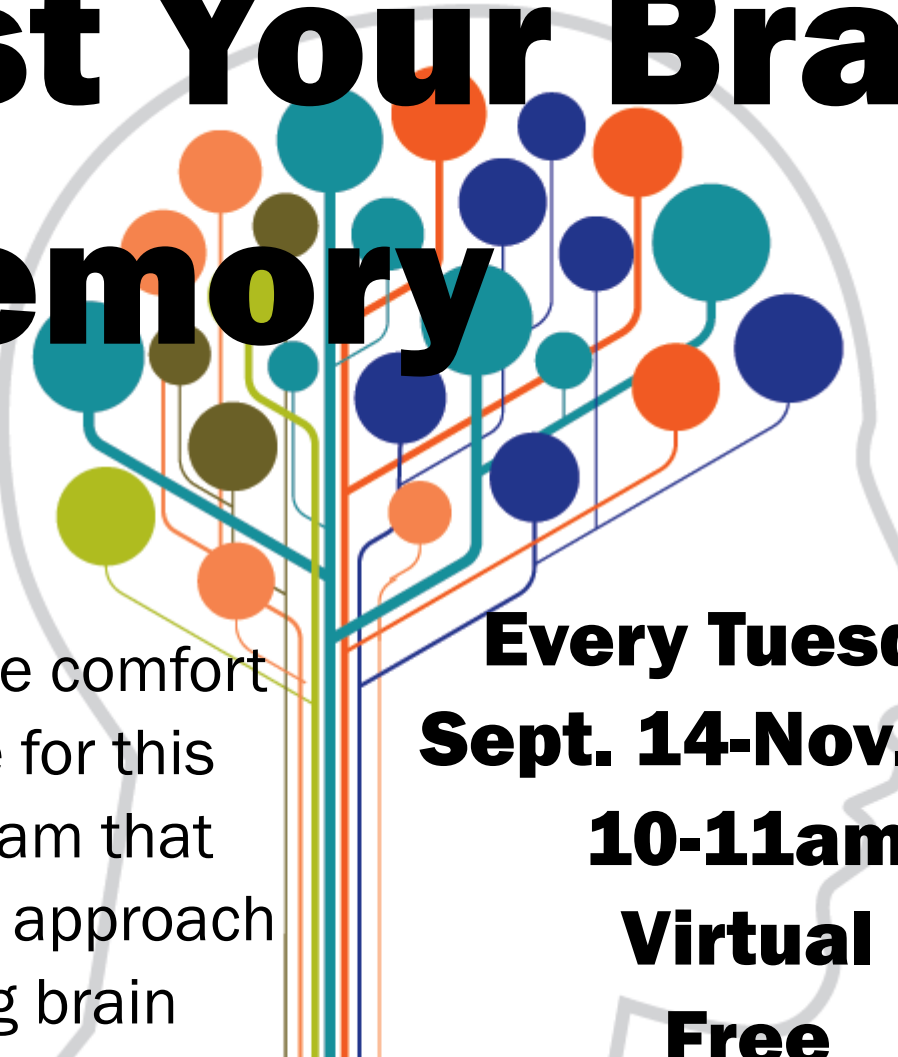


Boost Your Brain & Memory



Join us from the comfort of your home for this unique program that takes a holistic approach to improving brain health. Participants will learn new habits to maintain and improve brain health while also practicing new skills for better memory performance.

Every Tuesday
Sept. 14-Nov. 2nd
10-11am
Virtual
Free

Register by calling Carrie at the ADRC at 715-395-1234. Participants do need access to internet and a computer, smartphone or tablet to participate.

