



# **BOOST YOUR BRAIN AND MEMORY**



**Mondays beginning  
March 27th-May 1st  
1:30PM-2:30PM  
Superior Public  
Library**



**Boost Your Brain and Memory is a 7 week program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.**

**Contact Chelsea at the ADRC if interested at  
715-395-1322**

**OR**

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