

Boost Your Brain & Memory

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

This class is for you!

The Boost Your Brain & Memory class focuses on a variety of lifestyle factors that impact brain health and memory strategies that participants can implement in their daily lives.



If you are interested in taking this class please contact the

ADRC:

1-877-749-2372

Weekly Class Content

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



Class is facilitated by the Aging & Disability Resource Center of Eagle Country