

## **Boost Your Brain and Memory**

Boost Your Brain & Memory program by Mather Institute is unique because it take a holistic approach to improving brain health and is evidenced based. The aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

The 8-week, 90 minute sessions will be offered at the ADRC of the Wolf River Region, Oconto Falls location, or you can attend virtually through Zoom. The classes will meet Wednesday, June 16-August 4 from 1:00-2:30 PM. Class size is limited to 6 participants.

This free course, with each week's session building on previously learned course information, includes a participant guide. The interactive sessions focus on cognitive reserves, physical activity (led by Kristin Weglarz (Certified Personal Training Bellin Health Bond Center), spirituality, social activity, nutrition (led by Brittany Warrichaiet BSN RN, Public Health nurse Oconto County Health and Human Service, physical activity, intellectual activity, emotion and personal goals.

To enroll or ask questions about the course, please contact Mary Jo at 715-526-4712 or [maryjo@adrcwolfriver.org](mailto:maryjo@adrcwolfriver.org)

