

Boost Your Brain & Memory Program

Improve Your Brain Health Today!

The Boost Your Brain & Memory Program is a evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia. This program is designed for adults 55 and older and is an eight week program meeting once a week for an hour and a half.

This program focuses on the concept of cognitive reserve through:

- **Physical Activity**
- **Emotional Health**
- **Intellectual Activity**
- **Nutrition**
- **Spiritual Activity**
- **Social Engagement**



Inspection Conference Room, Franklin City Hall

9229 W Loomis Rd, *enter through senior dining doors*

Wednesdays

October 16 — December 4, 2024

9:30—11:30 a.m.

For more information and to register:

Call Franklin Health Department —414-425-9101

Workshop is Free

