

# BE! Brain Enrichment Course

## Check for Upcoming Workshops

Visit us online or  
give us a call today!  
[adrcofbrowncounty.org](http://adrcofbrowncounty.org)  
(920) 448-4300

**\$25** (offsets cost of learning materials)



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## *Workout your brain!*

An interactive, educational experience for older adults who are **not** experiencing memory loss or cognitive change but want to continue exercising their brain.

Learn:

- The brain's process of attention, working memory, long-term memory, reasoning, problem solving
- Mental exercises each week to engage and stimulate the brain
- Lifestyle practices for maintaining brain health
- Strategies for improving thinking and memory

Let us be your partner on your path to a healthier you. We will teach you tools and practice ways to help keep your brain sharp.

Visit us at [www.adrcofbrowncounty.org/events](http://www.adrcofbrowncounty.org/events) for other upcoming workshops.




**Registration is required. Space is limited.**

Deadline to register is one week prior to start date, or upon filling.  
Call ADRC (920) 448-4300 to register or for more details.

Reasonable accommodations for disabilities are available, please request 5 days in advance.

ADRC, 300 S. Adams Street,  
Green Bay, WI (920) 448-4300

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