Brain Health Programs

**Work-Out For your Brain 1**
- 1.5 hour class
- Signs of memory loss
- Sample activities to challenge your brain
- Explore a variety of brain games in a fun and interactive group setting

**Work-Out For your Brain 2**
- 1.5 hour class
- Basic education on all elements of brain health
- Sample activities to challenge your brain
- Explore a variety of brain games in a fun and interactive group setting

**A Path to Better Brain Health**
- 2 hour class, 5 weeks
- Presented by local experts
- Research and science of contributors to brain health among: nutrition, social connections, physical and mental activity, medical and medications
- Identify your area of risk and create a weekly goal towards positive change

**BE! Brain Enrichment Course**
- 1.5 hour class, 10 weeks
- For the committed learner who wants to develop a pattern of brain health exercises each week in a supportive and fun small group setting

ADRC, 300 S. Adams Street, Green Bay, WI
www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Call for class availability. (920) 448-4300
Reasonable accommodations for disabilities are available, please request 5 days in advance.