

BE! Brain Enrichment Course

Upcoming Workshop

**Wednesdays,
Oct 2 - Dec 11, 2024*
10 - 11:30 a.m.
At ADRC**

300 S Adams St, Green Bay
*Skipping week of Thanksgiving

\$25 (offsets cost of 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 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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