



Boost Your Brain and Memory Class

Every Thursday
March 3 - April 7, 2022
10:00 - 11:00 am

Fort Senior Center | Fort Atkinson
307 Robert St. Fort Atkinson, WI

Boost Your Brain and Memory Class is a unique program that takes a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain brain health while practicing new skills for better memory performance.

The classes are free but space is limited.
Class will be held on 3/3, 3/10, 3/17, 3/24, 3/31 and 4/7

To register, please call (920) 563—7773
In person sign-ups are available at the Fort Senior Center

 **Fort
HealthCare**
FOR HEALTH