

Boost Your Brain & Memory Class!



The Aging & Disability Resource Center of La Crosse is offering an 8 series adult education class on ways to “Boost Your Brain & Memory”. It focuses on a variety of lifestyle factors that impact brain health in a whole-person approach to brain fitness. Class participants will learn practices to implement that can help them to live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate their emotions.

Classes are twice a month, Sept.-Dec. 2019

9:30-10:30am

La Crosse County Administrative Building

212 6th St. N La Crosse

Conference Room 2106

Light Refreshments served

REGISTRATION DEADLINE is September 4th!

Call: The Aging & Disability Resource Center of La Crosse County 608-785-5700 Class size is limited. Must attend all 8 classes. Must be a resident of La Crosse County.