

Boost Your Brain & Memory

Brain Fitness Class

Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

Each participant will receive a workbook including:

- memory exercises
- tips on nutrition and exercise
- evidence-based research on brain health

September 9th - October 28th

Join us for 1 hour each Thursday at noon

Virtual Learning Opportunity via Zoom



To register for this class:

[CLICK HERE](#)

Registration Fee: \$40

Human Development & Family Science Instructors:

Amy Bartels, Camden County

Katie Pemberton, Holt County

Session 1: Introduction - Brain health and why it is important at any age

Session 2: Physical Activity - Improving brain health and lowering the risk of dementia

Session 3: Emotional Health - Everyone has stress, learn how to keep it manageable

Session 4: Intellectual Activity - Ways to challenge our brains through life-long learning

Session 5: Nutrition - How nutrition affects brain health

Session 6: Spiritual Activity - Ways to inspire brain health through spiritual activity

Session 7: Social Engagement - How to get the most out of social interactions

Session 8: Summary - Putting all the pieces together to make lasting lifestyle changes