

# ***Boost Your Brain and Memory***

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A Brain Fitness Program offering a whole person approach to helping individuals learn to live healthier, remember things better, pay closer attention and be more organized.

The 7-week  
workshop covers:

Physical Activity

Emotional  
Health

Intellectual Activity

Nutrition

Spirituality

Social Engagement

All play a role in

***Brain Health***

**Fort Atkinson Senior Center**

**307 Robert Street**

**Fort Atkinson, WI 53186**

**Thursdays**

**Sept. 8,15,22,29 Oct.6,13,20**

**12:15 pm - 1:45 pm**

**To register contact:**

**Chris Nye: 920-563-7773**

**(workshop size limited to 25 participants)... RSVP early**



Of Jefferson County

For additional information about this and other  
workshops throughout Jefferson County call:

**(920) 674- 8734**