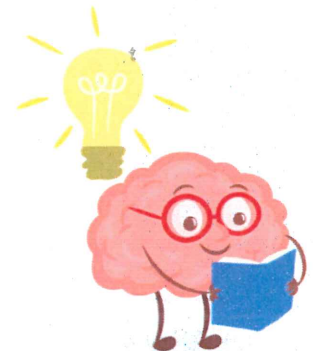


**Free Class!**



# Boost Your Brain and Memory

- **A holistic approach to improving brain health.**
- **Evidence-Based**
- **Implement new habits to maintain cognitive health**
- **Enhance your memory performance**



**This 8-week, 90-minute class will be offered at the ADRC  
in Oconto Falls. 229 Van Buren St.**

**The class will meet Fridays August 2nd - September 20th  
from 9am-10:30am. Class size is limited to 12 participants.**

**Light Refreshments will be provided.**

**For questions or To Register . Please call**

**Johanna at 715-526-4708**

