

Sharpen Your Memory!

Join The Brain Health Group At Three Pillars

Three Pillars is pleased to offer a Brain Health Group on its Dousman campus. The group is open to community members, Three Pillars residents, and their family members. The Brain Health Group was proposed by Three Pillars residents who have an interest in the topic!

THE BRAIN HEALTH GROUP

- Monday, March 25, 2024 | 1PM
- Village on the Square Community Room
(314 E Village Ct, Dousman)

The group will investigate, research and learn **concrete ways to sharpen our memories to reduce the likelihood of Alzheimer's Disease.**

We will start with study of the book "High Octane Brain" by Dr. Michelle Braun. You do not have to own, or have read, the book before the first meeting.

The March 25 meeting will be an organizational meeting to determine future meeting dates, times, and content.



**REDUCE THE LIKELIHOOD
OF ALZHEIMER'S DISEASE**

**OPEN TO OUR RESIDENTS, THEIR
FAMILIES AND THE COMMUNITY!**



FOR FURTHER INFORMATION...

If you have questions about the meeting, or would like to be involved, but cannot attend, please contact Jen Graf, Director of Dementia Programming, at 262.965.7133 or jgraf@threepillars.org.

Reservations are appreciated, but are not required.