

# 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

- **Village on the Square**  
(314 E Village Ct, Dousman)
- **Meetings are the fourth Monday of each month at 1pm in the Community Room, unless noted below.**

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

Upcoming meetings:

- Monday, April 22, 2024 | 3pm  
Learning Center
- Monday, May 20, 2024 | 1pm
- Monday, June 24, 2024 | 1pm
- Monday, July 22, 2024 | 1pm
- Monday, August 26, 2024 | 1pm
- Monday, September 23, 2024 | 1pm



**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](mailto:jgraf@threepillars.org).

Reservations are appreciated, but are not required.