

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.

Reservations are appreciated, but are not required.