



HIGH-OCTANE BRAIN FITNESS



HOW WE THINK SHAPES HOW WE LIVE

MONTHLY BRAIN HEALTH BOOSTER CLASSES!

Proven brain-health strategies. Real-world results.

Ignite Your Inner Spark

Practical Tools to Stay Sharp, Confident, and Connected in 2026!

Friday, January 30, 2026 | 12 – 1pm | \$10

Village on the Square – Activity Center
314 East Village Court | Dousman, WI 53118

Back by popular demand, this January session helps you jump-start your brain health for the year ahead. Led live online by Dr. Michelle Braun, national brain health expert, neuropsychologist, and author of *High-Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's*, with onsite group facilitation provided by Three Pillars Senior Living Communities. Includes a live Q&A with Dr. Braun and a brain-healthy recipe! No prior High-Octane Brain Fitness participation required!



Tried and tested in community and healthcare settings, with participants reporting stronger memory, greater cognitive confidence, and more joy in daily life!

This program is designed for adults experiencing typical age-related memory changes.

READY TO SIGN UP? Contact Jen Graf, Senior Director Dementia Programming at 262.965.7133 (Residents can register via the portal).