



HIGH-OCTANE BRAIN FITNESS



HOW WE THINK SHAPES HOW WE LIVE

MONTHLY BRAIN HEALTH BOOSTER CLASSES!

Proven brain-health strategies. Real-world results.

Spring Reset: Clear, Focus, Flourish

Refresh your mind. Reset your focus. Reclaim your clarity.

Friday, April 24 | 12 – 1pm | \$10

Holz Pavilion Theater

314 East Village Court | Dousman, WI 53118

As spring unfolds, this energizing session will help you “declutter” your thinking and sharpen your focus. 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 facilitation at Three Pillars Senior Living Communities, this session will help you enhance your attention, organization, and cognitive efficiency through socially-based cognitive exercises, discussion, and live Q&A with Dr. Braun. A spring-inspired MIND Diet brain-healthy recipe is included! Join us!



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 of Cognitive Health at 262.965.7133 (Residents can register via the portal).