



HIGH-OCTANE BRAIN FITNESS



HOW WE THINK SHAPES HOW WE LIVE

MONTHLY BRAIN HEALTH BOOSTER CLASSES!

Proven brain-health strategies. Real-world results.

Brain Energy Upgrade: Think Faster

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

Friday, May 29 | 12 – 1pm | \$10

Holz Pavilion Theater

314 East Village Court | Dousman, WI 53118

This dynamic session focuses on the science of brain energy, stamina, and cognitive endurance. Led online live by Dr. Michelle Braun, national brain health expert, neuropsychologist and author of High-Octane Brain, with onsite facilitation by Jen Graf, Senior Director of Cognitive Health. This session will teach you neuro-energizing habits through socially based cognitive exercises that enhance processing speed, mental flexibility and cognitive confidence. It includes interactive discussion, a live Q & A with Dr. Braun, and a brain-fueling seasonal MIND Diet recipe designed to support your focus.



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).