



# HIGH-OCTANE BRAIN FITNESS



HOW WE THINK SHAPES HOW WE LIVE



## Stay Sharp on the Go: Even when Life Gets Busy

**Friday, June 26, 2026 | 12 – 1pm | \$10**

Village on the Square – Holz Pavilion Theater  
314 East Village Court | Dousman, WI 53118

As summer begins, travel, schedule changes, and new activities make it harder to stay consistent with brain healthy routines. Led live online 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, you will learn how to apply the EXCELS model to maintain brain health in the midst of a busy changing schedule, including three simple rules for staying sharp on the go. Enjoy socially-based cognitive exercises, interactive discussions, live Q & A with Dr. Braun, and a light, brain-healthy MIND diet seasonal recipe. Join us!

**Open to any interested resident or community member**  
**REGISTRATION REQUIRED BY 6.25.26**

\*Residents can register via the portal

Contact Jen Graf, Senior Director of  
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