

BRAIN EXERCISE ACTIVITY!

An early-stage social engagement program presented by the Alzheimer's Association®



Program for people living in the early stage of dementia and their care partners.

The brain is not a muscle, but it can function like one. When we exercise it, our brain gets stronger. To keep it strong, we need to keep challenging it regularly. Brain Exercise includes training the following skills: memory, reasoning, processing, speed, concentration, logical sequencing, language, problem-solving, and visual-spatial skills. Join us!

Tuesday, May 18

2-3 p.m.

VIA ZOOM

To register please call Sivana at 818.446.1573 or use the link: <https://bit.ly/2QAKdvZ>

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