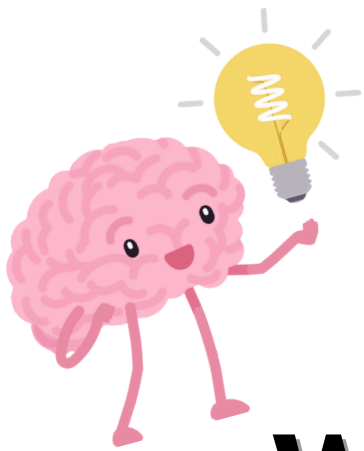


**September 2024**



# **Brain Wellness Classes With Dawn Adler**



## **15 BASIC WAYS TO IMPROVE MEMORY AND WORD FINDING STRATEGIES**

Due to popular demand and your requests for more information, we will cover these topics in a new and helpful way. You will receive two handouts that are beneficial for all ages and especially for you, your family, and friends.

**7 PM THURSDAY, SEPTEMBER 12: LODGEMPR  
7 PM TUESDAY, SEPTEMBER 24: LSMPR**

Sign up for the classes under Brain Wellness in the Activities Binder at your location or call EXT 354 and we will sign you up.

