

TOPIC TUESDAYS:

BRAIN HEALTH BASICS

With Jennifer Thompson, Dementia Care Specialist



Learn about brain health on June 27th from 3:00 - 3:45pm. This educational opportunity will be held at the Aging and Disability Resource Center office at 1225 Langlade Road, Antigo and is for anyone interested in learning more about taking care of the brain. This session will identify important options and choices in life that promote a healthy brain. This is a free class and open to anyone. Registration is required as space is limited. Please call 1-888-486-9545 or visit the CLASSES or EVENTS section of our website at www.adrc-cw.org for more information.