

Boost Your Brain and Memory

Join the Boost Your Brain and Memory Program to improve your health today! This evidence-based, six-week class takes a holistic approach to improving brain health. It is not intended for people who are diagnosed with dementia. This program is designed for adults 55+ learn ways that they can lower their risk factors for dementia.

Omro Area Community Center

1005 E. Main Street, Omro

Mondays 11am-Noon

September 8th to October 13th

for more information and to

register for this class:

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