



# **BOOST YOUR BRAIN & MEMORY**

**MONDAYS**

**OCTOBER 8-NOVEMBER 26, 2018**

1:30-3:00 PM

Belmont United Methodist Church

103 E State St.

Belmont, WI 53510

Eight week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

For more class information and to register please contact:

Pam Kul-Berg at 608-426-4295



**Learn New  
Tools to:**

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**Live a Healthier  
Life**

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**Remember Things  
Better**

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**Be More Organized**

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**Pay Closer  
Attention**