



Boost Your Brain & Memory

Learn New Tools to:

Live a Healthier Life

Remember Things
Better

Be More Organized

Pay Closer Attention

8 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. No living-in county requirements.

Virtually, via Zoom

Mondays: March 8th to April 26th

2:00-3:30 pm

To register please call the Iowa County ADRC at:



608-930-9835