Boost Your Brain & Memory
Brain Fitness Class

Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

For ADA accommodations, contact: John Fuller fullercj@Missouri.edu or 573-686-8064

University of Missouri Extension Center
614 Lindsay Ave Suite 3
Poplar Bluff, MO 63901

The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health.

To register for this class call or stop by the University of Missouri Extension Center
Phone: 573-686-8064
Registration Fee: $35

Oct. 16, 2017    Nov 13, 2017
Oct. 23, 2017    Nov 20, 2017
Oct. 30, 2017    Nov. 27, 2017
Nov. 6, 2017     Dec. 4, 2017

12:00-1:00pm  
*Bring your own lunch

An equal opportunity/access/affirmative action/pro-disabled and veteran employer