

# Boost Your Brain & Memory

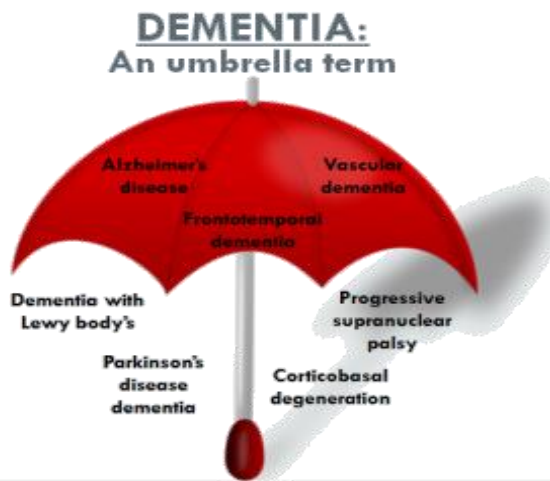
## Brain Fitness Class

**Registration Fee: \$40**

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

June 18<sup>th</sup>, 2019  
614 Lindsay Ave Suite 3  
Poplar Bluff, MO 63901  
Tuesday for 4 weeks

For ADA accommodations, contact: John Fuller  
[fullerjc@Missouri.edu](mailto:fullerjc@Missouri.edu) or 573-686-8064



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, please mail this completed form, along with payment, to University of Missouri Extension Center Butler County or call 573-686-8064 to pay with credit card.

- 11 am – 1 pm
- 5:30 pm – 7:30 pm

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

University of Missouri Extension Center  
Butler County  
614 Lindsay Ave Suite 3  
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