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: Sarah Traub
traubs@Missouri.edu or 660-882-5661

November 8-December 20
(7 session class)
3:30-4:30pm

Cooper County
MU Extension Office
510 Jackson Rd, Suite A
Boonville, MO 65233

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 Cooper County MU Extension Office.
Phone: 660-882-5661
Registration Fee: $25

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