

# Get Proactive with Brain Health

**Get Proactive with Brain Health** is a six-week, educational course that focuses on risk factors for memory loss and protective measures for brain health. 75-minute sessions include the following topics:

- 1) Can memory be improved?
- 2) Myths about aging and normal aging.
- 3) How the brain and memory work.
- 4) Nutrition to support brain health.
- 5) The heart and brain connection.
- 6) Memory techniques and mental fitness exercises.

**For more information on times and locations, please contact Dawn Adler at (414) 464-3888, ext. 314 or [dadler@luthermanor.org](mailto:dadler@luthermanor.org)**

- Proactive • Educational • Preventative • Encouraging •
- Interactive • For all ages • Supportive •

*"The group interaction was fun and I learned so much about the aging process of the brain and how to keep it healthy,"*

~Kathy

*"The class presentation was well thought out and the leader was very personable. The presentation was a positive reflection of the ministry of Luther Manor."*

~Pam

*"The exercises were helpful. We had a great time trying them out."*

~Tyke

**LUTHER MANOR**  
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