

Jump Start Mental Fitness

Jump Start is a four-hour, ongoing, educational and interactive program that teaches memory-enhancing techniques and helps participants understand how the brain and memory work. Each session includes educational topics, social support and physical exercise, as well as creativity and mental fitness exercises. Jump Start classes are held at multiple locations.

For more information on Jump Start, please contact Dawn Adler at (414) 464-3888, ext. 314 or dadler@luthermanor.org

- Better quality of life • Early intervention • Humor •
- Social support • Memory-enhancing techniques • Creativity •
- Self-confidence • Hope • Education •

"My father was a teacher and has a lot to offer. We are thrilled with the staff members and the class."

"I can't begin to put into words what it feels like to have our hope back. In a year, my dad has shown improvement."

"The brain needs stimulation as the body needs food. Memory clubs provide a stimulating and social environment for the ongoing benefit of participants."

~Piero Antuono, MD, Neurologist, Medical College of Wisconsin

