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.

Instructor: Amy Bartels, Human Development & Family Science Specialist

Questions: bartelsa@missouri.edu

For ADA accommodations, contact: douglasco@missouri.edu

Date: Tuesdays (4 sessions)  
November 5, 12, 19, 26

Time: 1:00 – 3:00 p.m.

Cost: $35

Location: MOCH Wellness Center  
603 NW 10th Ave, Ava, MO 65608

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 STOP BY OR CALL:  
Camden County MU Extension Office.  
Phone: 573-280-4238