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: John Fuller fullercj@Missouri.edu or 573-686-8064

University of Missouri Extension office
614 Lindsay Ave. Suite 3
Poplar Bluff, MO 63901

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
University of Missouri Extension Center
Phone: 573-686-8064
Registration Fee: $40

Session 1  November 7th
Session 2  November 14th
Session 3  November 21st
Session 4  December 5th
5:30 pm – 7:30 pm
The classes are on Thursday for 4 weeks
*minimum 10 per class max of 20

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DEMENTIA: An umbrella term
Alzheimer’s disease
Vascular dementia
Frontotemporal dementia
Progressive supranuclear palsy
Corticobasal degeneration
Dementia with Lewy body’s
Parkinson’s disease dementia

An equal opportunity/ADA institution