

# BRAIN EXERCISE ACTIVITY!

A nearly-stage social engagement program presented by the Alzheimer's Association®



**Program for people living in the early stage of dementia and their care partners.**

The brain is not a muscle, but it can function like one. When we exercise it, our brain gets stronger. To keep it strong, we need to keep challenging it regularly. Brain Exercise includes training the following skills: memory, reasoning, processing, speed, concentration, logical sequencing, language, problem-solving, and visual-spatial skills. Join us!

Thursday, May 21st

2-3 p.m. PST

VIA ZOOM

To register please call  
800.272.3900 or use this  
[link here](https://bit.ly/4mA14rw) - [bit.ly/4mA14rw](https://bit.ly/4mA14rw)

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