



Train Your Brain Program

The LIAD Center's Train Your Brain program is for individuals who are experiencing early signs of Alzheimer's and dementia and are interested in maintaining and enhancing cognitive abilities. Sessions stimulate the areas of the brain that are susceptible to age-related decline using activities such as word games, critical thinking, creative writing and more!



Every Second & Fourth Tuesday

1:00 – 2:00 PM

(beginning March 10th)

at the LIAD Center

Program fee: \$20/session

CALL TODAY to register! (516) 767-6856