

SUPPORTING LIFELONG HEALTH



BRAIN HEALTH 101 CHIPPEWA FALLS YMCA

Join Carla Berscheit, Dementia Care Specialist, in learning evidence-based strategies to keep your brain healthy as you age.

She will discuss how genes, environment, and lifestyle all contribute to memory decline. She will also discuss how small changes can make a big difference!

This program is open to the community and is brought to you by the ADRC and the Chippewa Falls YMCA.

WHEN: WEDNESDAY, JUNE 22. 1 PM

COST: FREE!

WHERE: CHIPPEWA

FALLS YMCA STRENGTH

STUDIO



Register online or by calling (715) 723-2201

WWW.YMCA-CV.ORG/AOA