

Tuesday, March 3rd at 1:30-2:30pm

Brain Health

Information Session

Shelby Terrace – La Crosse

2525 Shelby Rd, La Crosse, WI 54601

Did you know that science offers guidance on lifestyle choices that may help protect your brain as you age? In this session, we'll explore the difference between normal aging and dementia, how the brain works, and what "brain health" really means. You'll learn about early warning signs of cognitive decline, key risk factors for neurocognitive disorders like dementia, and how to take proactive steps toward prevention.

Join us as we break down the science into practical insights to help you support lifelong brain health. Learn a little about nutrition, exercise, cognitive activity and social engagement, including tips for incorporating into your daily life.



Bethany St. Joseph Corporation
Community Services



Aging and Disability Resource Center

Your Bridge to Support