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Boost Your Brain and Memory Classes Offered

JANUARY 28TH 2019 BY DEE LOFLIN

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Bloomfield, Missouri - University of Missouri Extension is offering a Boost Your Brain & Memory brain fitness class at the Stoddard County Extension Center, 316 S. Prairie St, Bloomfield, MO beginning Thursday, February 7, 2019.

Just as you can control and improve your general physical health with good habits, so too can you improve the health of your brain - boosting your memory and mental agility, as well as reducing your risk of developing Alzheimer's Disease or other dementia.

Although research is finding links between genes and one's risk of Alzheimer's disease, the exact cause is more likely a combination of genetics and other factors. Practicing good brain health at any age can help stave off the disease, as well as build up your cognitive reserve.

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. Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory.

The four- session workshop will be held on Thursdays, from 1:00 – 3:00 pm on February 7, 14, 21 and 28.

To register, contact the Stoddard County Extension Center, at 573 568-3344.

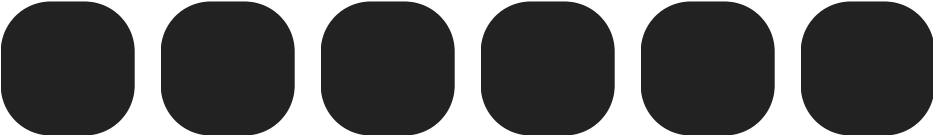
The class fee is \$25.

This workshop is open to any and all participants.

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