

BREAKFAST FOR YOUR BRAIN



2nd Tuesday of Every Month

9:30 – 10:30 am

Spooner Senior Center

402 Oak St.

Spooner, WI

ACTIVATE YOUR BRAIN

This FREE drop-in program is intended for active adults who wish to take part in a brain wellness program. Make the choice to work toward improving your memory, increase memory capacity, work with greater focus, improve your mood and a healthier lifestyle. This course uses humor, visuals, puzzles, creative art and much more to keep your brain active!

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