

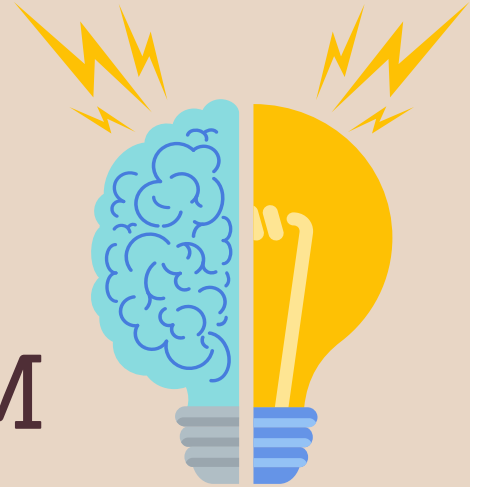
SPARK YOUR BRAIN WORKSHOP

Tuesday
April 29

10:00AM–12:00PM

Room 107

Join Katja Schultz MS, CCC-SLP for a lively two-hour workshop designed to help you better understand and navigate the changes in attention, memory, and cognition that come with age. We'll explore the science behind these changes, share practical evidence-based strategies to keep your brain sharp, and have a few laughs along the way. Think of it as a tune-up for your mental engine! Whether you're curious about boosting your focus, staying sharp for the long haul, or just want to feel more on top of your game, this workshop has something for you!



Call 248-6235 to sign up by April 25