The Mind Fit Series: Activities to Boost Brain Health

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer.

Join us for this fun and informative series, led by brain fitness expert Juliana Young from Home Care Assistance of Douglas County. In this Mind Fit Series, you will learn about proactive ways to enhance cognitive functioning, including, fun group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program.

1:30 - 3 p.m. | Highlands Ranch Library, 9292 South Ridgeline Boulevard, Highlands Ranch

April 7   Lingo, Compound Picture Pairs, Anagrams, Scattered Categories
April 14  Televised Lecture, Family Feud, Shape Rotations, Circular Scrambles
April 23  Headline History, Current Events, Name That Tune, Category Sorts
April 28  Scattered Categories, Entangled, Figures, Beginnings and Endings

COST:  $30 - all four sessions, or
       $10 - each individual session
Register early at highlandsranch.org/signmeup

Home Care Assistance
of Douglas County
HCADouglasCounty.com