

Country Meadows

proudly announces our 2015-2016

Brain Health Initiative



“Think First Wednesday” of each month

October 2015 to June 2016

Attend the launch of our

FREE monthly series

Seating limited

Strong Brains, Sharp Minds

October 7th

1:30 – 3:30 p.m.

- LEARN HOW TO KEEP YOUR BRAIN STRONG AND YOUR MIND SHARP
- BUILD A FOUNDATION OF BRAIN HEALTH KNOWLEDGE
- EXPLORE EMERGING NEUROSCIENCE RESEARCH
- DISCOVER WHY LIFESTYLE APPROACHES WORK
- TAKE ACTION TO DESIGN YOUR FUTURE WELLBEING



Roger Anunsen
MINDRAMP

RSVP: (503) 982-2221

