

# Sharpen Your Memory!

## Join The Brain Health Group At Three Pillars

Three Pillars is pleased to offer a Brain Health Group on its Dousman campus. The group is open to community members, Three Pillars residents, and their family members. New members are always welcome!

### THE BRAIN HEALTH GROUP

- Village on the Square  
(314 E Village Ct, Dousman)
- Meetings are the fourth  
Monday of each month at  
1pm in the Community Room

The group will investigate, research and learn concrete ways to sharpen our memories to reduce the likelihood of Alzheimer's Disease.



**REDUCE THE LIKELIHOOD  
OF ALZHEIMER'S DISEASE**

**OPEN TO OUR RESIDENTS, THEIR  
FAMILIES AND THE COMMUNITY!**



### FOR FURTHER INFORMATION...

If you have questions about the meeting, or would like to be involved, but cannot attend, please contact Jen Graf, Director of Dementia Programming, at 262.965.7133 or [jgraf@threepillars.org](mailto:jgraf@threepillars.org).

Reservations are appreciated, but are not required.