



Keep your **BRAIN FIT!**

## JOIN MIND BOOSTERS

*Mind Boosters* is a social program for people who are concerned about their memory or are in the early stages of memory loss. This program is for those who want to be proactive in maintaining their brain health. The philosophy of Mind Boosters is based on the belief that a person that is experiencing early memory loss is a vital, productive, and valuable member of the community. Some of the benefits of Mind Boosters include:

- Opportunities for increased socialization
- Learning tools and techniques to assist with daily living
- Techniques to assist with memory enhancement
- Increased mental stimulation, which allows members to remain at their highest level of function for longer than may otherwise be possible
- Physical activities and exercise
- Support and encouragement from other members of the group
- Monthly support group/potluck, where caregivers and participants come together for support

**TUESDAYS**  
10am – 1pm

**FRIDAYS**  
11:30 am – 3:30 pm

Classes are held at:  
NVHADS  
414 South Jefferson St.  
Napa, CA 94559

For more information, please call  
Rebekah Weeman at 707- 258-9087



Napa Valley Hospice  
Adult Day Services

*Compassion. Dignity. Connection.*

THIS NVHADS PROGRAM IS SPONSORED BY:

  
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