

Transcript: Boost Your Brain and Memory: Meet Jack

Meet Jack

Jack works hard and doesn't take much time for himself.

Unfortunately he had a lot of stress and felt like he was forgetting things that he normally remembered.

Do you need help with reducing stress, remembering things better, developing a brain fitness plan, and lowering the risk of dementia?

Introducing Boost Your Brain and Memory, Join Us!

University of New Hampshire Extension

Learn how lifestyle factors affect brain health. Physical, spiritual and intellectual activities. Emotions, nutrition and social interaction

Be proactive about your brain health.

For more information about this program and registration: <https://extension.unh.edu/health>

Now Jack is getting the tools to build strong brain fitness skills and is taking charge of his health!

Created by: Michele M. Kroll, Ph.D., Health and Well-Being Field Specialist, University of New Hampshire Extension

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