

Memory difficulties?

Irritability?

Problems with organization?



Trouble with attention?

Sleeping problems?

Nightmares?

Interested in learning strategies to help?

Carl T. Hayden VA Medical Center

BRAIN BOOSTERS

A Cognitive Enhancement Group

WHAT:

Participants will be introduced to techniques and strategies to help with memory, attention, sleep difficulties, irritability, and more. Education will be provided regarding the cognitive effects of traumatic brain injury (TBI), blast exposure, aging & posttraumatic stress disorder (PTSD).

WHEN:

Tuesday Evenings

5:30 – 7:00pm

Next group starts: March 23rd

This is a 10-week program

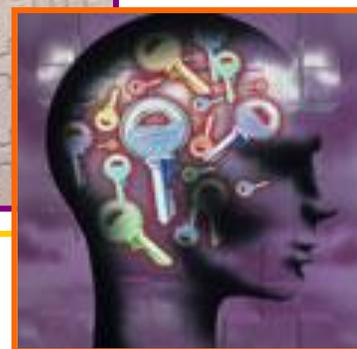
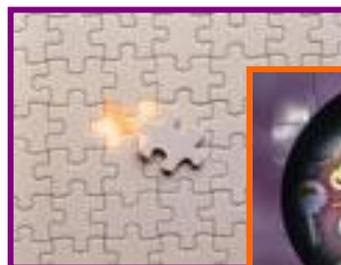
WHERE:

Carl T. Hayden VA Medical Center

Room: To Be Announced

WHO:

All veterans and adult family members are welcome to attend



Learn about the brain and strategies and tips for improving your brain power

FOR MORE INFORMATION & TO SIGN UP PLEASE CONTACT

Dr. Goren (602-277-5551 x7884) or

Dr. Bushnell (602-277-5551 x6561)

Space is limited