

**Memory difficulties?**

*Irritability?*

*Problems with organization?*



**Trouble with attention?**

*Sleeping problems?*

*Nightmares?*

**Interested in learning strategies to help?**

*Phoenix 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, insomnia, pain & posttraumatic stress disorder (PTSD).

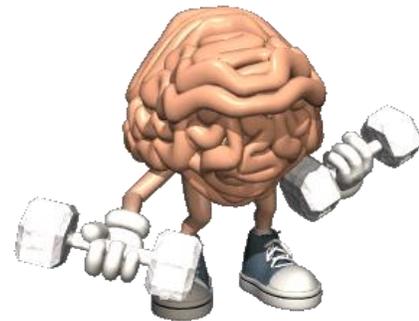
**WHEN:**

Tuesdays 5:00-6:30pm

Or

Wednesdays 1-2:30pm

Group meets weekly for 9 sessions



**WHERE:**

Phoenix VA Medical Center

Topaz Clinic

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

**WHO:**

All veterans and adult family members are welcome to attend

**FOR UPCOMING DATES, MORE INFORMATION & TO SIGN UP  
PLEASE CONTACT**

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

**Dr. Bushnell (602-277-5551 x6561)**