



Virtual Train Your Brain 3-Week Series

The LIAD Center's Train Your Brain program is for individuals who are experiencing early signs of Alzheimer's and dementia and caregivers who are interested in maintaining and enhancing cognitive abilities. Sessions stimulate the areas of the brain that are susceptible to age-related decline using activities such as word games, critical thinking, creative writing and more!



May 11th, May 18th and June 1st

11:00 AM – 12:00 PM

via Zoom

To register, contact Mandy Klarman at
mklarman@lidementia.org or call (516) 767-6856

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