

Memory difficulties?

Irritability?

Problems with organization?



Trouble with attention?

Sleeping problems?

Nightmares?

Interested in learning strategies to help?

Phoenix VA Health Care System

BRAIN BOOSTERS

A Cognitive Enhancement Group

WHAT:

This 8-week class will provide education on ways to keep the brain healthy over the lifespan. Participants will also be introduced to techniques and strategies to help with memory, attention, problem solving, sleep difficulties, and more. Basic education will be provided on topics such as traumatic brain injury (TBI), insomnia, and posttraumatic stress disorder (PTSD).

WHO:

Veterans of all eras

WHERE:

All groups are currently via VVC/telehealth

WHEN:

Group meets weekly for 8 sessions

3 different group times are available:

Mondays 5:00-6:30pm

Wednesdays 10-11:30am

Thursdays 2:30-4pm

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



**IF INTERESTED, PLEASE REQUEST A REFERRAL FROM YOUR PCP
PLEASE CONTACT Dr. Bushnell for more information**

602-277-5551 x6561

Space is limited