



Your Best Brain

Scientifically proven strategies to improve memory, sharpen focus, and optimize your brain health at any age.

1-DAY CLASS

Judicial Center
8th Floor Multipurpose Room

Thursday, February 8

9am - 4:30pm

Thursday, April 12

9am - 4:30pm

2-SESSION CLASSES

Admin Building
4th Floor Manatee Room

Thursdays, June 7 & 14

9am - Noon

Thursdays, Oct 25 & Nov 1

9am - Noon

Space is limited! Register at manateeyourchoice.com

This program has been approved by County Administration (for BCC employees) to be taken on work time with supervisor approval. Please record time as "Education/Training".



Questions? Contact Christina Edenfield
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