

**FREE**

# 6th Annual Brain Wellness Check

**Bayfield County**

*Have you had those days when your conversations start with...*

- "Where in the heck are my keys?"
- "Did I tell you this already?"
- "What was I going to say?"



*It's time to find out how your brain is working for you!*

- Get your brain health baseline
- Learn more about how to live a brain healthy lifestyle
- Get information and resources on programs and services available in the community



**Aging and Disability Resource Center of the North**  
*Serving Ashland, Bayfield, Iron, Price and Sawyer Counties*  
(866) 663-3607 or Website: [adrc-n-wi.org](http://adrc-n-wi.org)

**November 8<sup>th</sup>, 2018**

**Iron River Community Center – Iron River**  
(10am—12 noon)

**November 9<sup>th</sup>, 2018**

**Bethesda Lutheran Church —Bayfield**  
(12:30 pm -2:30 pm)

**November 13<sup>th</sup>, 2018**

**First Lutheran Church – Port Wing**  
(3:30 pm -5:30 pm)

**November 14<sup>th</sup>, 2018**

**Benoit Community Center — Benoit**  
(3:00 pm -5:00 pm)

**November 16<sup>th</sup>, 2018**

**Washburn Public Library—Washburn**  
(11:30 am – 1:30 pm)

**November 29<sup>th</sup>, 2018**

**Barnes Town Hall — Barnes**  
(10 am – 12 noon)