

Itasca County Brain Train Event



FREE lunch provided! Prizes given for participation!

Open house style 10am-2pm:

Attend this educational workshop with interactive activities at each station to learn about:

- How the brain works
- Dementia research updates
- Dementia prevention and risk factors
- Local resources
- Chair exercises for healthy aging
- Local transportation assistance
- Public Health resources

Free transportation available! Scan QR code for information or call 211



Over the lunch hour 12-1 pm:

Hear from Experts:

- Jenna Pogorels, MSW, LICSW, Associate Director of Community Services Alzheimer's Association
- Josh Fergen, PhD, Senior Researcher, Memory Keepers Medical Discovery Team

WHEN

Thursday, April 16th 2026

10:00am-2:00pm

WHERE

Cohasset Community Center

305 NW 1st Avenue

Cohasset, MN

WHO

All are welcome!

Itasca County community members of all ages interested in learning more about brain health, healthy aging and dementia. No registration required! Just show up.



CONTACT

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