

# Fiber Arts for Brain Health



Did you know that crocheting can decrease stress  
and keep your brain sharp?

Join us to learn more about brain health  
and the basics of crochet! No registration required

Supplies and refreshments will be provided.

SHIRLEY DOANE  
SENIOR CENTER

**1412 6th Street East, Menomonie**  
**Tuesday, July 9th**  
**10 am - Noon**