

Memory

And

Aging

Program

An Education and

Workshop series

The Memory and Aging Program

consists of five weekly two-hour sessions, and addresses questions such as:

- What kinds of memory changes should I expect, as I grow older?
- Which changes are normal and which ones are not?
- If I forget, is something wrong with my brain?
- Can I improve my memory?

The **Memory and Aging Program** is aimed at people of retirement age or older who are interested in learning about memory changes that normally occur with age, and strategies to improve their everyday memory performance.

Developed through the Baycrest Health Science Centre.

Where: online via **ZOOM**

When: **June 16, 23, 30, July 7 and 14, 2020**

Time: **10:00 am -12:00**

How: You **must register** by calling:

Alzheimer Society Grey-Bruce 519 376 7230 or 1 800 265 9013

Registration closes July 10, 2020

(A minimum number of 6 registrants are required in order to run this series. Maximum number of 20)

FREE

Facilitator: Sandra Hong, Public Education Coordinator, Alzheimer Society of Grey-Bruce