

Have you noticed changes in your memory?

Difficulty... Finding the right words

Recalling things

Misplacing items

Let Us Help



INTRODUCING



thinkfit

A live online evidence-informed fitness
program for your mind and memory

Classes are small and individualized to your specific needs and concerns.

- Increase your memory confidence
- Strengthen yourself both physically and cognitively
- Learn techniques to reduce stress and worry
- Gain a supportive community
- Learn practical tips to increase recall memory

To learn more go to www.seniorconcerns.org/programs/think-fit/