

Path to Positive Aging Series

When:

Tuesday, October 14th, 2025
3:00–4:00pm

Location:

In-Person at:
401 Hodencamp Rd. Thousand Oaks
and Online via Zoom

RSVP:

Register Online or call 805.497.0189:
www.seniorconcerns.org/seminars

Seminar is Free of Charge
Donations Accepted

Seminar Topics:

- ✦ Learn what's normal and what's not when it comes to memory and aging.
- ✦ Discover practical lifestyle changes proven to support brain health.
- ✦ Get the latest scoop on cognitive training and rehab trends.
- ✦ Walk away with simple, science-backed tools to keep your mind sharp.
- ✦ Perfect for adults and older adults curious about memory, aging, or brain wellness.

MEMORY MATTERS: WHAT'S NORMAL, WHAT'S NOT, AND HOW TO STAY AHEAD



Presented By: Jena Kravitz, Psy.D.

Dr. Jena Kravitz is a licensed clinical psychologist in California. She specializes in clinical neuropsychological

assessment and psychodiagnostics evaluations of adults and older adults with a multitude of presenting challenges, including neurocognitive disorders, post-stroke, traumatic brain injury, neuro-oncology, ADHD and educational/academic disabilities. Her clinical focus is in the areas of adult and geriatric neuropsychological and psychological assessment, memory and executive coaching and cognitive rehabilitation for teens, adults and older adults.



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