

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

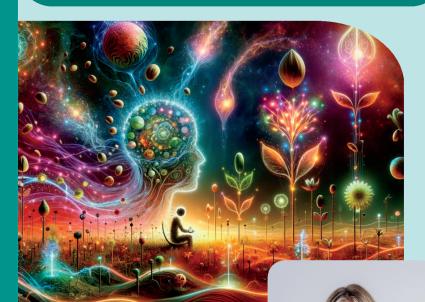
Seminar is Free of Charge Donations Accepted

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, sciencebacked 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, poststroke, 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.



REGISTER ONLINE:SENIORCONCERNS.ORG/SEMINARS