



## MEMORY MATTERS: AN EDUCATION AND SUPPORT GROUP FOR PEOPLE EXPERIENCING CHANGES IN MEMORY AND COGNITION

### Join this group to:

- Better understand the difference between normal age-related changes in memory versus those that require formal evaluation
- Gain emotional support for your worries about memory changes
- Learn practical strategies for coping with memory changes

- Dates:** Four Week Session  
Tuesdays  
February 3-24 2026
- Time:** 10:30am - 12:00pm
- Virtual:** Camera and microphone mandatory for participation
- Cost:** \$40
- Register:** Initial screening required to register. Please contact Valeria Moreno at Senior Concerns by emailing [vmoreno@seniorconcerns.org](mailto:vmoreno@seniorconcerns.org) or calling (805) 497-0189.

**Session 1:** Introduction & Overview of the Aging Brain

**Session 2:** Practical Memory Tips for Everyday Use

**Session 3:** Nutrition & Physical Health

**Session 4:** Local Support & Long Term Planning