



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 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