

# THE MEMORY TOOLKIT SERIES



## A four-week education and discussion workshop 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

### Weekly Session Topics:

- 1: Introduction & Overview of the Aging Brain
- 2: Practical Memory Tips for Everyday Use
- 3: Nutrition & Physical Health
- 4: Local Support & Long Term Planning

### Two Options Available:

#### In-Person at Senior Concerns

Four Week Session

Wednesdays, April 15 - May 6

10:30am - 12:00pm

401 Hodencamp Rd. Thousand Oaks

Cost - \$40

To register, contact Samantha Carnell at 805-497-0189 or [scarnell@seniorconcerns.org](mailto:scarnell@seniorconcerns.org)

#### Online via Zoom

Four Week Session

Tuesdays, June 16 - July 7

10:30am - 12:00pm

Camera and microphone mandatory for participation

Cost - \$40

To register, contact Valeria Moreno at 805-497-0189 or [vmoreno@seniorconcerns.org](mailto:vmoreno@seniorconcerns.org)