

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 and 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

Online via Zoom

Tuesdays, January 19th–Feb 9th

10:00am–11:30am

Camera and microphone are mandatory for participation.

Cost – \$40

To register, contact Valeria Moreno at 805-497-0189 or vmoreno@seniorconcerns.org

In-Person at Senior Concerns

Wednesdays, Feb 24th – March 17th

10:30am – 12:00pm

401 Hodencamp Rd. Thousand Oaks

Cost – \$40

To register, contact Samantha Carnell at 805-497-0189 or scarnell@seniorconcerns.org