

Memory

And

Aging

Program

An Education and

Workshop series

The Memory and Aging Program

consists of five weekly two-hour sessions, and addresses questions such as:

- What kinds of memory changes should I expect, as I grow older?
- Which changes are normal and which ones are not?
- If I forget, is something wrong with my brain?
- Can I improve my memory?

The **Memory and Aging Program** is aimed at people of retirement age or older who are interested in learning about memory changes that normally occur with age, and strategies to improve their everyday memory performance. The Baycrest Health Science Centre created the program.

Where: **Harry Lumley Bayshore Community Centre, 1900 3rd Ave E, Shoreline Room, Owen Sound, Ontario**

When: **March 4, 11, 25, April 1, 15, 2019**

Time: **10:00 to 12:00 noon**

How: You **must register** by calling:

Alzheimer Society Grey-Bruce 519 376 7230 or 1 800 265 9013

Registration closes February 15th

(A minimum number of 6 registrants are required in order to run this series.)

Cost of \$20 to cover workbooks.

Facilitator: Sandra Hong, Public Education Coordinator, Alzheimer Society of Grey-Bruce