

MEMORY MATTERS

A Free Program for People with Early Memory Loss and Their Families



THE NEXT 8-
WEEK VIRTUAL
PROGRAM
BEGINS ON
THURSDAY,
SEPTEMBER
23RD FROM
10AM - 12PM





**FACILITATED
BY
DAVID HART,
PHD,
MONICA
MOORE, MSG
& CAROL
HAHN, RN**

Memory Matters is an 8-week evidence-informed program for people with early memory loss resulting from Mild Cognitive Impairment, Alzheimer's disease, or another dementia and their care partners. Each meeting will feature an expert speaker on topics including:

- Clinical research updates
- Strategies to maintain independence
- Legal/financial planning
- Memory boosters and other cognitive activities
- Diet, exercise, and lifestyle options
- And much more!!!

**FOR QUESTIONS AND
ENROLLMENT:**

**EMAIL: DHART@ABC-SENIORS.COM
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