

Memory Training Program

This **FREE ONLINE** four-week workshop is designed for people with mild memory concerns, focusing on the four top memory complaints.

When you forget:

- Names and faces
- To do things in the future...like keeping an appointment or why you walked into a room
- Where you put your keys, glasses or wallet
- A “tip of the tongue” memory challenge



This program consists of class on **FOUR** consecutive Tuesdays:

March 9 – March 30, 2021

10am – Noon Pacific Time

This is an online class via Zoom

To Register, Contact Instructor:

Carol – CarolHahnRN@gmail.com

Based on research conducted by Dr. Gary Small of the UCLA Memory and Aging Center, this program will teach participants general strategies to improve memory.

This program is NOT intended for anyone with a diagnosis of dementia or Alzheimer's disease.

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