

MEMORY MATTERS

A Program for People with Early Memory Loss and Their Families



PROGRAM
BEGINS ON
THURSDAY,
OCTOBER 1ST
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. 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!!!

REGISTRATION CLOSSES 9/25

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