



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.

Developed through the Baycrest Health Science Centre.

Where: Royal Canadian Legion, 219 Lambton St, Kincardine

When: Tuesday, May 27, June 3, 10, and 17

Time: **10:00 am -12:00**

How: Register in advance for this series by calling: **Alzheimer Society Grey-Bruce 519 376 7230 or 1 800 265 9013**

\$20.00 to cover cost of workbook

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