

memory boosters

FREE Educational Workshops for Improving Memory and Aging Successfully



Brain Fitness I and II

Two exciting workshops designed to boost brain power and enhance memory. You'll be challenged to focus attention, problem solve, and learn strategies to stay cognitively fit!

Thursdays

April 7th and April 14th

9:30a to 11:00a



NeuroGuard I and II

Learn the six scientifically supported strategies associated with a reduction in individual risk for cognitive impairment, Alzheimer's disease, and related dementias.

Thursdays

April 21st and April 28th

9:30a to 11:00a

WHERE: Little Sisters of the Poor
2100 S. Western Ave.
San Pedro, CA 90732

For more information, call the office at **(310) 548-0625**.

About the Instructor:

Memory Boosters is taught by David Hart, Ph.D., Director of Memory Care and Clinical Services at Always Best Care South Bay and faculty member in the Department of Counseling at California State University, Fullerton.



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