

# DO YOU FORGET NAMES? MISPLACE YOUR KEYS? FORGET WHY YOU ENTERED A ROOM?

**You are not alone.**

These are common memory slips that happen as we grow older.

The **Memory and Aging** program is aimed at people 65 years of age or older who are interested in learning about memory changes that normally occur with age and practical strategies to improve their everyday memory performance. In a comfortable group setting, participants also receive education on keeping your brain fit and healthy as you grow older. This five week program is being offered as a joint collaboration between the Clinical Neuropsychology Service and the Seniors Mental Health program. Note that this program is not suitable for those with a diagnosis of dementia or mild cognitive impairment.

Our next session is scheduled for:

- WHEN** 10 am – 12 noon
- DATES** Thursday mornings **March 30, 2017 – April 27, 2017**
- WHERE** St. Joseph's Seniors Mental Health Outreach Program  
Unit 103, 5230 South Service Road, Burlington
- between Appleby Line and Burloak, north east corner of building
- COST** **\$30 per person** which includes 10 hours of instruction, a participant guide book and light refreshment. Please make **cash** payment on March 30, 2017. Register now as **space is limited!** Phone us at 905-681-8233 ext 0 or 222. Free parking is available.



For more information, to find out if this program is right for you, and to register please email [epeterse@stjoes.ca](mailto:epeterse@stjoes.ca) or call the number above.

St. Joseph's  
Healthcare  Hamilton