

Memory Matters

Improve Your Recall Skills

Have you ever asked yourself any of these questions?

What is a normal senior moment
and when should I be concerned?

What can I do to improve my memory recall
and keep my brain healthy and active?

**Date: 3rd Friday of the month in March & April
March 16 & April 20**

Time: 1-2pm

Cost: \$5

There will be many fun hands-on activities to help you understand the world of memory and how it works.

You can experience memory renewal through a series of exercises, new information and winning strategies.



Each month there will be a different topic.

This is a good group for those with memory concerns and those caring for loved ones that may be experiencing memory issues.

Call Comstock Community Center at 345-8556 to register.