



BWH

*Now conducted virtually
via Zoom*

7 Weeks
60-Minute Sessions

MEMORY SKILLS GROUP

We know that memory changes as we age and in the context of many different medical conditions. This is a six-week education and support group focused improving your ability to learn and retain new information in order to mitigate the impact of memory loss on your daily life. An overview of how memory is organized in the brain will be presented. Practical strategies, based on cognitive science, will be discussed and participants will learn ways to implement these techniques. Lifestyle modifications that support brain health will be reviewed. People with mild memory loss or subjective memory complaints are encouraged to participate in the program. Goals include memory improvement which, in turn, results in enhanced confidence and emotional well-being.



**For more information
call 617-732-8068 or email
brainhealthgroups@bwh.harvard.edu**