



BWH

*Now conducted virtually via
Zoom*

7 Weeks
60-Minute Sessions

MEMORY SUPPORT GROUP

We know that memory changes as we age and in the context of many different medical conditions. Memory problems may affect how we view ourselves and they may undermine our feelings of self-confidence as well as our ability to communicate effectively with close friends and family. This eight-week support group will provide an opportunity to discuss the emotional and social impact of memory changes. We will discuss how memory loss has affected your self-esteem, your relationships with others, and your ability to function in daily life. Memory strategies will be reviewed including those that reinforce and strengthen important memories from the past. Lifestyle modifications to support brain health will be reviewed. People with mild to moderate memory loss are encouraged to participate in the program.

BRIGHAM HEALTH



**BRIGHAM AND
WOMEN'S HOSPITAL**

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