Memory Training
Healthy Living Program

What you will learn

- What memory is and how it works
- How memory techniques work
- Techniques and strategies to improve memory
- To improve memory habits
- To apply memory techniques in real life situations

Join us: Via ZOOM
Date: Wednesdays
September 23 through October 21
Time: 1:00 p.m. to 3:00 p.m.
Register no later than Wednesday, September 9

For more information or to register, contact Patricia Livie at 508-584-1561 ext. 373
Please leave your name and telephone number—mention Memory Training