

Is Memory Fitness for Me?

True or False?

- My memory is fine; I don't need a memory class.
- What I choose to eat doesn't affect my memory.
- I don't like to exercise, but that has no impact on my memory.
- I have a lot on my mind, but stress doesn't impair my memory.
- My brain doesn't need exercise.
- If I avoid socializing, this will not impact my memory.

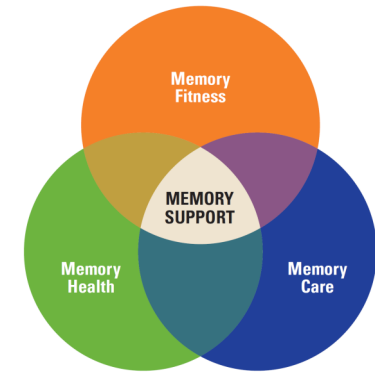
All of these statements are **FALSE**. Almost anyone at any age can make changes to improve their memory and brain health. **“Memory Fitness: 2 Weeks to a Younger Brain”** covers tips and techniques, plus important memory strengthening topics like healthy eating, physical fitness, stress reduction, and brain games – all in a small group setting.

If you would like to learn more about maintaining and improving your memory, please see the contact information on this brochure. **Remember, even a healthy brain needs activity!**

**RETURN REGISTRATION
FORM TO:**

**MARY EVANS
COMMUNITY RESOURCES
BROOKSIDE OFFICE**

CHARLESTOWN'S MEMORY FITNESS COURSES FOR 2020 / 2021



**Presented by the
Charlestown
Memory Support
Committee**



EMBRACE WELLNESS

MEMORY FITNESS COURSES FOR 2020 / 2021

REGISTRATION FORM

FALL 2020

Every Tuesday & Friday
September 22 - October 30
10:00 - 11:00 a.m.
City Lights

WINTER 2021

Every Monday & Thursday
February 22 - April 1
1:30 - 2:30 p.m.
City Lights

FALL 2021

Every Tuesday & Friday
September 7 - October 15
1:30 - 2:30 p.m.
City Lights

Memory Fitness is a wellness program offered to residents who are worried about their memory. The program is a six week, 12 session classroom based program focusing on Dr. Gary Small's book, "Two Weeks To A Younger Brain".

Participants learn techniques and strategies to enhance memory, increase physical fitness, reduce stress, and adopt brain health eating habits.

Course Fee: \$42
**(includes book, workbook
and reference materials)**

For more information about Memory Fitness, please contact:

Mary Evans,
Community Resources Manager
410-737-8838, ext. 601-8558

Name: _____

Apt. #: _____

Phone #: _____

Please be aware that courses are limited to 15 participants.

I would like to register for the following Memory Fitness Course:

- Fall 2020
(September 22 - October 30)**
- Winter 2021
(February 22 - April 1)**
- Fall 2020
(September 7 - October 15)**