

# memory boosters

**FREE educational workshops for seniors committed to improving memory and “aging successfully”**

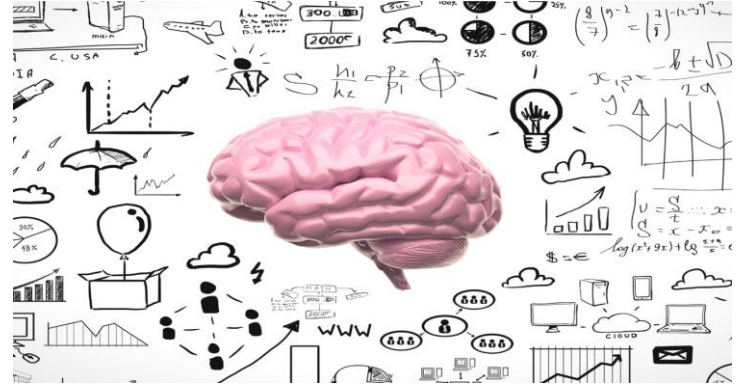


## Brain Fitness I and II

Two exciting workshops designed to boost brain power and enhance memory. You'll be challenged to focus attention, problem solve, and learn practices to remain cognitively fit, all while having fun and making social connections.

**Tuesday**

**September 8th and September 15th, 2015  
9:00 am to 10:30am**



## NeuroGuard I and II

Learn five empirically supported life-style strategies associated with a reduction in individual risk for cognitive impairment, Alzheimer's disease, and related dementias.

**Tuesday**

**September 22nd and September 29th, 2015  
9:00 am to 10:30am**

### WHERE:

**Little Sisters of the Poor  
2100 Western Ave., San Pedro, CA 90732  
Location: LSP Auditorium**

**Seating is limited; Register early by calling (310) 548-0625  
Parking is limited; Carpooling is highly recommended**

### About the Instructor

Memory Boosters is taught by David Hart, Ph.D., Director of Memory Care and Clinical Services at Always Best Care South Bay and adjunct faculty member in the Department of Counseling at California State University, Fullerton.



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