

CAN A WORKSHOP HELP YOU PROTECT WHAT MATTERS?

While some degree of memory change is a normal part of aging, research shows there are effective strategies and skills you can use to help you remember the things that are important to you.



Did I turn off the stove?

Where did I put my glasses?

What was I about to do?

When is his birthday?

What was it that they told me the other day?

Memory
aging &™
PROGRAM

Coordinated by the
Wellness Institute
at Seven Oaks
General Hospital

Baycrest Health Sciences
is fully affiliated with the
University of Toronto.



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thewellness
Institute

Memory
aging &™
PROGRAM

BRAIN HEALTH WORKSHOP

JOIN US TO:

Understand what memory is and how it changes with age.

Uncover which factors can impact your memory for the better or for the worse.

Explore lifestyle changes that can help improve your memory.

Practice memory strategies.

Improve your ability to recall everyday things.

Build confidence in your memory.

For the current program schedule, to register, or for more details email info@wellnessinstitute.ca or call 204-632-3927

ABOUT THE PROGRAM

The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us virtually or in person at the Wellness Institute at 1075 Leila Avenue.

The program consists of four weekly two-hour sessions, which are free to attend. All participants receive a program workbook.

DEVELOPED BY A TEAM OF EXPERTS

The Memory and Aging Program was developed by Dr. Angela Troyer, Program Director of Neuropsychology and Cognitive Health, and Professional Practice Chief of Psychology at Baycrest, in collaboration with a team of psychologists and scientists.

The program team, led by a Clinical Neuropsychologist, is actively involved in scientific research to better understand memory changes in aging and develop evidence-based interventions for brain health.

