



Peninsula
Volunteers, Inc.

Build up your brain with our new Early Memory Loss Wellness Program.



Designed specifically for people experiencing changes in memory, or who may have a diagnosis of Mild Cognitive Impairment, this program takes a proactive approach to addressing the challenges of memory loss. Participants in the program take part in:

- fun and challenging exercises to help increase abstract thinking and critical problem solving skills and abilities
- discussions and guest speakers covering topics related to memory and healthy, active lifestyles
- outings to local enrichment opportunities
- strategies to help get the most out of your memory
- a social environment to learn and share with others experiencing memory loss.

\$20 per class ~ Wednesdays 10am - 12:30pm

Starting April 7th, 2010

**Peninsula Volunteers, Rosener House
500 Arbor Road, Menlo Park**

For more information contact us at:

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