



Memory and Aging

While some degree of memory change is a normal part of aging, research shows that there are effective strategies and skills you can use to help remember the things that are important to you. Join staff from the Wellness Institute of Seven Oaks General Hospital to understand what memory is and how it changes with age, discuss the factors that can impact your memory, and build confidence by practicing strategies and exploring lifestyle changes that can help improve memory.

This is a three-part workshop on Fridays, February 20, 27, and March 6. Participants are encouraged to attend all dates.

Louis Riel Library

February 20, 27 and March 6
10:30 a.m - 12 p.m.



Free. To register scan the QR code, or visit winnipeg.ca/library