

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 Seniors Resource Coordinators Monica Phaneuf and Monica Grocholski 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 Thursdays, May 2, 9, and 16. Participants are encouraged to attend all dates.

Millennium Library

Buchwald Room

Thursdays from 1-3 p.m.

May 2, 9, 16

Free. Phone, visit any branch,
or register online at
winnipeg.ca/library



Scan here for our events
calendar and to register.

