

alzheimer's  association®



presents

# maximizing your memory

Worried about your memory? This informative and interactive program will focus on how to tell the difference between normal memory loss and dementia, as well as tips and strategies for improving memory. This program is for family members, caregivers, as well as those with early stage memory loss.

**Thursday, October 29, 2015**

**1:30 pm to 3:00 pm**

**Dance Palace**

**503 B Street**

**Point Reyes Station**



To register for this free program, call the Alzheimer's Association office at 415.472.4340

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THE BRAINS BEHIND SAVING YOURS.™