

Memory Training

Thursdays, February 6 – 27, 2 – 4 p.m.
In person at Northfield Senior Center



For people with *mild* age-related memory challenges, Memory Training teaches memory-enhancing techniques and practical strategies to boost memory functioning.

The Memory Training program is a four-week course taught by certified trainers. Trainer presentations are combined with group discussions, memory checks, and skill builders. The course is designed to help participants acquire strategies for the top memory challenges. Research has shown that cognitive benefits from memory training have been found to last for years.

For more information or to register, contact LifePath's Information and Caregiver Resource Center at 413-773-5555 x1230, info@lifepathma.org, or visit our website at lifepathma.org/healthy-living.



Executive Office of Elder Affairs

