



Learning for Life Seminar Series

Tips and Techniques to Tune Up Your Memory



Do you ever feel frazzled because you have too many things to remember or feel like you spend too much time looking for things? If you have a hard time remembering people's names, computer logins, usernames, and passwords or even where you put your cell phone, keys, or glasses then this seminar is for you.

We are an overstressed society and when we get overloaded with information, our brain can shut down. Take time out from your busy schedule and learn some ways to improve your memory. It will help to de-stress your busy life!

Presenter: Ronnie Berman, MA -
Coordinator of the Memory Club at JVS

Wednesday, April 28 at 7 p.m.

JVS

29699 Southfield Rd.

Southfield, MI 48076



Realizing Life's Potential

\$10 fee. Reservations required for program materials.
To register, contact (248) 233-4274 or mbrayton@jvsdet.org

The JVS Prime Time! Life After 50 Center offers
programs on careers, finances, health, relationships
& other topics of interest to people over 50.