



## Brain Matters 2017

# Cutting Through the Fog: Mindful Approaches to Improving Memory

Friday, Nov. 3 from 9 a.m. to noon

Check in begins at 8:30 a.m.

Early morning light refreshments will be served.

### Jack J. Huck Continuing Education Center

301 S. 68th Street Place, room 302

Fee: \$15



Judy Harvey Ph.D., CCC-SLP, Assistant Professor of Practice, University of Nebraska

Is it really possible to improve your memory? Have you ever found yourself forgetting where you left your keys, where you parked your car, or what you were supposed to pick up at the grocery store on the way home? Have you ever forgotten a person's name or the name of a product or medication you've used for years? How many times have you wondered how many of these inconvenient lapses are just a natural part of aging, and how many might be a cause for concern? You've probably wished there was a way to cut through the fog and optimize your ability to remember, learn, plan and adapt. This is an event you don't want to miss. Space is limited, so register early.

*Sponsored by Aging Partners, Osher Lifelong Learning Institute (OLLI) and Southeast Community College.*

#### Schedule:

**8:30 a.m. – Refreshments and check-in begins**

**9 a.m. – Welcome**

**9:15 to 10:15 a.m. First session**

“Memory Through The Lifespan” – Memory almost full? How does memory change as we age? Participants will be able to identify primary and secondary characteristics of memory. Participants will learn memory strategies they can implement for everyday use.

**10:30 to 10:45 a.m. Restroom and refreshment break**

**10:45 to 11:45 a.m. Second session**

“Memory Myth Busters” – Participants will learn the research behind claims about cures for memory issues. Learn how to weed out the truth from the tall tales. A look at vitamin supplements and computer games. What's the latest?



Abbe D. Bateman-Davis, M.S., CCC-SLP, Speech Language Pathologist, Tabitha Home Health Care

**To pre-register, call 402-437-2700  
by Thursday, Oct. 26.**

