



Hard to Remember and Easy to Forget

Nan Heflin, LMFT and AoA Senior Peer Counseling Consultant, will host a workshop to help you understand normal changes in memory and how to use specific exercises to compensate for them.

Learn the difference between age associated memory loss and memory impairment that calls for further exploration.

WHEN: Wednesday, June 21, 2023
10:00-11:00am

WHERE: The HUB Conference Room
236 Monterey St., Salinas

Please call to register 831-646-4931

*****Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to register.**



The HUB 236 Monterey Street - Salinas, CA 93901 - 831.646.5050
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