



# New Memory Training Series

Memory is a process for learning something new, storing the new information permanently, and recalling the information later on.

The memory techniques you will learn in our Memory Training Series work by improving attention, making information meaningful, and providing cues to jog our memory.

The series begins on Tuesday, June 3rd, and subsequent sessions will occur every Tuesday. The workshop dates are as follows:

**Session 1:** Tuesday, June 3 (12:30 — 2:30pm)

**Session 2:** Tuesday, June 10 (12:30 — 2:30pm)

**Session 3:** Tuesday, June 17 (12:30 — 2:30pm)

**Session 4:** Tuesday, June 24 (12:30 — 2:30pm)

**The program includes lunch & incentive for attending all four sessions.**

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