

Staying Connected

Early Stage Memory Loss Group

Did you know that staying socially active and keeping your mind engaged can benefit your *mood* and *memory*?

In this four-week program, participants learn:

- How to cope and live with having early memory loss
- Strategies to stay involved in enjoyable activities
- How to talk about memory loss with friends and family

Care partners (partner, friend or relative) join each session.

There is no cost to attend.



Mondays:

**Oct. 26 and Nov. 2, 9 & 16
10 to 11:30 a.m.**

**Virtual Online Webinar
Computer with Webcam
is Necessary to Participate.**

Pre-registration is required.

**For more information or to register
call 208.666.2996**



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