



MEMORY LOSS VS DEMENTIA

Presented by Chris Petrik, RN, BS, DCCS-CI
Dementia Reality Master Trainer
Director of Education Elderwerks Educational Services

Often older adults worry about cognitive decline. During this program Chris will discuss what is normal versus non-normal in the aging process as it relates to cognition. Learn what one can do to enhance memory, using tricks and tools, and regularly exercising the brain; and how nutrition can factor into to healthy aging and memory, as well as other body functions as we age.

TUESDAY

 **FEBRUARY 25TH, 2025**

 **AT 10 AM - 11 AM**

 **VIRTUAL**

Free to attend;
Registration Required

REGISTER NOW

