

Memory Café: Relaxation & Memory

Thursday, July 27

2:30 – 4:00 pm

Gideon Missionary

Baptist Church

Waukegan, IL 60085



Refreshments Served

Like the photo? Close your eyes, imagining yourself at the lake. Take a deep breath. Exhale. Smile.

Relaxation can help you feel better all over. It can also improve your memory and your thinking ability. Join us to learn some quick stress-busting strategies, make new friends, and learn more about brain health in a relaxed atmosphere!

Who should attend: People who are concerned about their memory as well as people who have early to moderate Alzheimer's disease or other dementia, their family members, and friends. Please join us for an opportunity to make new friends and have fun with others who are "in the same boat." **PROGRAM IS FREE OF CHARGE.**

For more information and to register, call or text

Pat Taylor (847-951-2050)
or Chris Damon (847-596-8226)