

mind matters

A PROACTIVE WEEKLY PROGRAM FOR THOSE EXPERIENCING
EARLY STAGE MEMORY LOSS

- Learn about factors that affect memory
- Develop memory strategies
- Participate in group discussions
- Learn brain health information
- Use the arts in cognitive exercises
- Take your learning out of the classroom with occasional outings*
- Exercise...your physical health helps your mental health
- Enhance and continue lessons learned in class with weekly homework



A Program of the New Orleans JCC



mind matters is designed specifically for those experiencing early memory loss or mild cognitive impairment. Each week you will discover techniques and strategies to improve memory, participate in stimulating discussions and learn from others undergoing similar challenges.

TUESDAYS, 10:00 AM - 2:00 PM
GOLDRING-WOLDENBERG JCC - METAIRIE
3747 WEST ESPLANADE AVENUE
METAIRIE, LA 70002

\$30 PER DAY, CLASS MATERIALS INCLUDED
PARTICIPANTS PROVIDE THEIR OWN LUNCH

*** SOME OUTINGS MAY REQUIRE ADDITIONAL FEES**

This program is open to the public. You don't have to be a JCC member to participate.

Interested persons are interviewed prior to joining the program.

For more information or to request an interview, contact Allison Freeman, Mind Matters Director, at 504.897.0143 or allison@nojcc.org

Sessions are facilitated by a Licensed Certified Clinical Social Worker (LCSW). Scholarships available based on need.

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Go to www.nojcc.org for more information.



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