York University Psychology Clinic

Memory and Aging Program

- **Concerned about your memory or the memory of a loved one?**
- **Curious about what memory changes are normal and which ones are not?**
- **Looking for strategies that can improve your memory**

York University Psychology Clinic is pleased to once again offer a **10-week** educational workshop series that was developed and evaluated by Baycrest, a renowned academic health science centre focused on aging. The program is designed to assist older adults who are interested in learning about memory changes that normally occur with age, and strategies to improve their everyday memory performance.

Topics Covered include:

- Changes in memory that normally occur with age
- The effect of medical and lifestyle factors on memory
- The effect of stress and relaxation on memory
- How to minimize age-related changes
- Strategies for improving memory functioning

Outcome research done by Baycrest on this program have found that by the end of the program, participants more than double their relevant knowledge base, 70% make healthy lifestyle changes, and 93% indicate that they would recommend the program to their peers. In addition, about half of these healthy individuals report they are less likely to pursue medical assessment of their memory.

Dates: Mondays & Wednesdays, beginning September 24th and ending October 31st, 2018
(10 sessions) Sept 24, 26, Oct 1, 3, 10, 15, 22, 24, 29, 31

Time: 12-1 PM

Location: Rm 102A, Behavioral Science Building

Facilitators: Jenkin Mok, MA and Sara Pishdadian, MA under the supervision of Dr. Jill Rich

Fee: $120.00

The program only accepts 14 registrants, so register early. Please send any questions to yupc@yorku.ca

Memory & Aging Program **www.yorku.ca/yupc/group-programs**

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