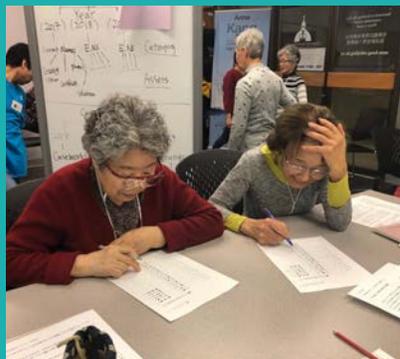
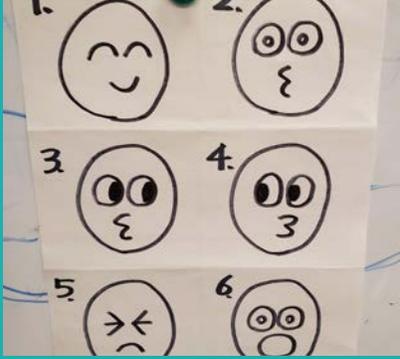


Worried about Dementia?

SMILE BRAIN PROGRAM



Challenge your brain!

Join us on ZOOM starting July 7th,
every Tuesday and Friday from 10-11:30.

-Ages 60 and up-

Limited spaces available.

 778-960-4735  wchealthymemory.com

 info@wchealthymemory.com

WHAT IS THE SMILE BRAIN PROGRAM?

THE SMILE BRAIN PROGRAM IS A 90 MINUTE PROGRAM THAT CONSISTS OF READING OUT LOUD, SIMPLE ARITHMETIC CALCULATION, PHYSICAL AND COGNITIVE EXERCISES, AND AT THE END, A GROUP CONVERSATION.

THE PROGRAM WILL HELP IMPROVE YOUR MEMORY, PROCESSING SPEED, AND CONCENTRATION IN DAILY LIFE.



WHO'S BEHIND ALL OF THIS?

WEST COAST HEALTHY MEMORY SOCIETY

WEST COAST HEALTHY MEMORY SOCIETY (WCHMS) IS A NOT-FOR-PROFIT ORGANIZATION THAT HAS GOALS TO REDUCE AND PREVENT THE NUMBERS OF DEMENTIA.

Limited spaces available, contact us:



778-960-4735



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