



HEALTHY AGING MEMORY LOSS VERSUS DEMENTIA

A Webinar Presentation

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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 9, 2021

1:00 PM to 2:00 PM ~ Live Webinar Presentation

All are Welcome!

For **\$5.00*** –**CE Credit** will be awarded to Illinois nurses, social workers, professional counselors, and nursing home administrators. Payment may be made at registration. To pay by check, please make checks payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation and mail to 251 E. Northwest Hwy, Palatine, IL 60067.

***NO FEE** for Consumers/Community Members and those not needing CE credit or certificate.

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MEMORY CARE COMMUNITY
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Please join us for this important topic!
Reservations are required.

Elderwerks

847-462-0885

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Webinar access information will be emailed after registration and prior to the date of the event.

www.Elderwerks.org

