

WHAT IS MEMORY MASTERCLASS?

Interested in your brain health?

Memory Masterclass is a course for people 55+ who are interested in maximizing their brain health! In this 6-week course you will learn strategies you can apply to daily life that can strengthen your brain's reserve as you age.

Diagnosed with MCI?

Mild Cognitive Impairment (MCI) is not a diagnosis of dementia or Alzheimer's. A diagnosis of MCI does not mean that you will necessarily develop dementia or Alzheimer's, but rather that you are experiencing some changes in your brain function that require attention. There are practical things you can do in your daily life to improve brain function even with a diagnosis of MCI. Come learn with us and discover how you can take charge of your memory.

A PROGRAM OF VT ADULT DAY SERVICES

Working to buy you time.

Virginia Tech Adult Day Services strives to provide a center dedicated to the well-being and optimal functional capacity of its adult participants. Its services include Memory Masterclass, caregiver support and community care for elderly with dementia. For more information reach out to:

Adult Day Services at Virginia Tech™
(540)231 3161

102 Wallace Hall (0416)
Blacksburg VA 24061

MEMORY

Masterclass



lifestyle strategies for a
healthy brain



PROTECT YOUR MEMORIES

In Memory Masterclass you can...

- Learn and implement lifestyles strategies that directly impact brain health
- Understand current research on memory impairments
- Build brain connections by learning and remembering new information
- Define the difference between normal changes to memory and areas of concern
- Discover how exercise and nutrition can affect brain health
- Discuss the impact of sleep and stress on brain function
- Get connected with others who have similar concerns about memory

COMING SOON!

Supplemental courses that dive deeper into specific strategies.

GET CONNECTED

WOULD YOU LIKE TO BE A PART OF MEMORY MASTERCLASS?

TO REGISTER: contact us by phone or email to get more information about offerings and registration events.

Phone: (540)231-3161

Email: vtadultdayservices@gmail.com

Cost : \$75 for each 6-week course

SCHEDULE

There are several offerings to fit your needs

Memory Masterclass is offered several times throughout the year at various times to accommodate busy schedules. Our 6-week courses meet twice a week for one hour. Contact us for more information on the dates and times of our next course offering.



MEMORY

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