

# Memory Club

Each meeting is one to remember.

Are you or someone you love living with early stage dementia or Mild Cognitive Impairment? Finding it more difficult to complete familiar tasks? Experiencing memory loss that is starting to disrupt daily life? The Memory Club may be for you!

Memory Club is a safe place where you and your loved one can:

- Develop coping skills and daily living strategies
- Gain knowledge from experts in the field of medicine and care
- Learn how to care for yourself and each other

8 consecutive Thursdays starting **March 19 at 10am – 12pm .**

**Pre-registration is required. Participants need professional pre-screening to ensure they're at an appropriate stage to participate**

**Contact:** Tara Guden, LCSW, Community Programs Coordinator at 310-374-3426, x120 or tara.guden@bchd.org

**Facilitators:** Tara Guden, LCSW and David Hart, PhD

