

Women's Health in the South East

## MEMORY IMPROVEMENT TRAINING

*Improve your memory and confidence in your ability!*



The course is designed and developed for anybody over 55 who would like to:

- improve their memory (telephone numbers, faces.....)
- participate in brain-gym exercises
- meet others and experience group exercises
- be creative in a different way
- have fun in a group setting



This 8 week pilot project will focus on telephone numbers, names and faces, shopping lists, addresses, studying new skills, how to make use of your brain cells and where to go from here.....

Your input in the course is highly appreciated!

***For details and registration***  
*please contact Ilonka Guse on (03) 9794 8677*

**Women's Health in the South East**

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