

STRENGTHEN YOUR MEMORY.

BOLSTER YOUR MIND.

MasterMind at River House



Classes Begin March 8th!

For 8 weeks, you will learn techniques and strategies that are designed to:

- ☑ Improve your memory
- ☑ Enhance flexible thinking
- ☑ Increase your verbal fluency
- ☑ Boost attention and communication

“Well But Worried” Class Starts March 8th

This class is designed for individuals experiencing age-related changes to memory.

Each class lasts one hour on
Tuesdays at 10:30am.

Brain Training Class Rolling Admission

This class is open exclusively to individuals with a diagnosis of memory impairment.

Each class lasts one hour on
Thursdays at 10:30am.

Lyndsay DeMatteo, MSG, Director of Therapeutic Recreation at River House, teaches this course at two levels, each specific to the participant's level of ability. All participants interested in the Brain Training Class *must* schedule a consultation.

MasterMind is held at River House, 125 River Road Extension, Cos Cob. **Register on a class by class basis for \$10/class or enroll in the 8 week course for \$70!**



**CALL 622-0079
TO REGISTER TODAY!**

www.theRiverHouse.org

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