

BROWN BAG LEARNING SERIES (Brown Bag Brain Boost)

Join us from 12-1:00pm one Friday a month for an informal lunch time program featuring speakers from local businesses and organizations. A wide range of topics will be discussed that are educational and entertaining.

The Brown Bag Learning Series is free to the public. Guests are welcome to bring their lunch; refreshments will be provided.

Friday, June 2
Main Library, Costin Room

Improving your Memory

Presented by Judy Sabol

Learn how to increase knowledge and understanding of normal changes in memory as we age and to provide strategies for improved remembering. Come prepared to discuss concerns and have fun learning new techniques.

ABOUT JUDY SABOL:

Judy has been the Memory Care Director at the Heritage in Framingham since 1998. She has a Bachelor's Degree in Nursing and is proficient in the field of dementia and Alzheimer's Care since 1982. She is also a Co-Chair of the MetroWest Alzheimer's Partnership since 1998, a Member of the Alzheimer's Association Advisory Board. She also conducts a Support Group for Caregivers of people diagnosed with Alzheimer's Disease.



Framingham
PUBLIC LIBRARY

Look here first.

49 Lexington Street • 508-532-5570
www.framinghamlibrary.org