



**SACRED HEARTS  
& ST. STEPHEN**

**Save the Dates**

**Sunday**

**July 22 and August 5**

**11:15 AM to 12:00 PM**

For 35 years, New York Memory Center has been pioneer in the movement to bring evidence-based home and community solutions to adults living with memory loss, and to their caregivers.

**“We are breaking new ground and setting an enlightened standard of care and support.”**

**Join specialists from New York Memory Center**

**July 22      How to keep your brain fit!**

Interactive workshop explores ways help keep your brain fit.

Great for every adult.

Great for caregivers of older adults.

Great for anyone with a concern about memory loss.

**August 5      Family Caregiving**

You may be a caregiver and not even know it!

Caregiving happens in all different ways.

Learn about activities to do at home.

Learn about resources available to you.

**Workshops held at Sacred Hearts & St. Stephen Church**

**Transfiguration Chapel 125 Summit Street between Henry and Hicks Street Carroll Gardens, Brooklyn**

**All are welcome!**

**Sacred Hearts & St. Stephen**

**Community Outreach Workshops in Brooklyn**