



FOR IMMEDIATE RELEASE
January 26th, 2015

MEDIA RELEASE

Strategies to help Memory for Seniors

Victoria, BC. Are you worried about your memory or the memory of someone you know? Silver Threads Service at the Victoria Centre (2340 Richmond Road) is offering a free workshop for seniors to learn tools and strategies to help with memory loss on Monday, February 2nd from 1:00pm to 2:00pm.

Lisa Coulson, Program Coordinator of the Memory PLUS Program will present some ideas for challenging memory and have fun while doing it. The Memory PLUS Program (**P**actice **L**aughter and **U**seful **S**trategies) is a program designed for seniors 55 and better to keep their minds engaged and sharp through conversation and connections.

The Memory PLUS Program is designed on the premise that whatever your age you can always improve your cognitive function through daily activities, lifestyle and good health practices. Memory loss is not an inevitable result of aging.

Our Mission - Silver Threads Service is a charitable, not-for-profit society that provides programs and services that enhance social connections and well-being for seniors, including those at risk. It is our vision that seniors in Greater Victoria are socially connected to their community and to each other.

We welcome those 55 years of age and better, as well as their friends, family and caregivers to attend the workshop, please call to confirm your spot at 250 388-4268.

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For information contact:

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