



## **Northern Virginia Older Adult Counseling Memory Health Seminars and Programs**

### ***Lifestyle Strategies for Optimum Cognitive Health.***

- Northern Virginia Older Adult Counseling's (OAC) Memory Health Programs and Seminars are led by Shirley Metzger LCSW. In 2009, Shirley trained with the UCLA Center on Memory and Aging, earning certification as a "Memory Fitness Instructor". For the past six years she has taught classes, led groups and provided special programming on memory health for independent living seniors. These programs focused on education, skills and life-style strategies to improve memory performance.
- OAC's Memory Health Seminars and Programs are designed for healthy individuals with normal, age related forgetfulness or mild cognitive impairment. All programs are adaptable to individuals with physical limitations.

#### **EDUCATIONAL SEMINARS:**

- OAC'S Memory Health Seminars are held in local community centers or other sites in Fairfax and Prince William Counties. Seminars are typically one hour in length. Selected topics include:
  - Dementia versus Normal Aging
  - Memory: One Piece of the Cognitive Puzzle
  - How and Why Memory Fails
  - Memory Matters!
  - Improving Memory Performance
  - Lifestyle Strategies to Support Memory Health

#### **PROGRAMS:**

- OAC's Memory Health Programs focus on the five essential elements critical for a healthy memory: Mental Aerobics, Physical Exercise, Stress Management, Diet, and Socialization.
- Memory Science 101
  - An eight session class/lab combination, meets twice weekly for 4 weeks. Each week the first session is a classroom teaching based on the five essential elements critical for a healthy memory. The second session each week is a one-hour lab that provides mental aerobic training with hands-on individual and group work for brain fitness.
- Brain Train
  - The "Brain Train" program is a six-week circuit training style program. The "Brain Train" utilizes a train ride activity motif where individuals move in small (4-5 people) groups from one station to another, alternating for ten-minute intervals between a "movement/exercise" component and a "brain challenge" component. The final 10 minutes is devoted to movement, memory and music, which combines physical movement and a memory challenge set to music.