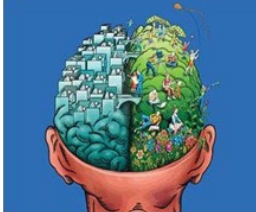


**Lifespan Community Health Ambassadors**  
**VIRTUAL Lecture**

**Tuesday, June 13, 2023 | 12:00 to 1:00 pm**



***Building a Resilient Brain:  
Tips and Tricks to Keep Our Memories Strong as We Age***

Presented by

Terry Fogerty, BS

Research Community Outreach Coordinator

The Alzheimer's Disease and Memory Disorders Center

Rhode Island Hospital

Grab something to write with and on and join Terry Fogerty of Rhode Island Hospital's Alzheimer's Disease and Memory Disorders Program for a fun interactive presentation about memory, including what's normal and not, how it works, and tips and tricks to help strengthen our memory as we age.



[REGISTER](#) here or contact [jnessett@lifespan.org](mailto:jnessett@lifespan.org)

**Objectives**

- Gain a better understanding of normal aging of the brain vs. memory/thinking issues you should discuss with your health care provider.
- Describe generally what memory is and how it works.
- Discuss ways to keep our memory strong as we age.

**Location:** This lecture will be provided through Zoom. The link and sign in information will be provided prior to the lecture.

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