



Brain Joggers

Worried About Your Memory?

Naples Senior Center offers an Early Memory Loss Group for individuals struggling with mild cognitive impairment or have significant concern about their memory.

Group Sessions Provide:

- Brain strengthening activities
- Communication enhancement skills
- Information and Education
- Discussion and Problem Solving
- Emotional Support
- Self-care Strategies

The Group Meets Every Monday

11 a.m. to 3 p.m.

Naples Senior Center at JFCS
5025 Castello Drive, Naples, FL 34103

Lunch is included.

The group fee is \$35 per session. Scholarships are available.
No one will be turned away due to financial hardship.

Registration and an assessment is required for enrollment. To learn more about the group, contact Darlene Holan, LCSW at 239-325-4444 or dholan@napleseniorcenter.org.