



Aging and Memory: Is it Dementia?

Speaker: Shannon Walker, PhD

Wednesday, July 11 | 11 – 11:45 a.m.

United Methodist Village
5201 Asbury Ave, Godfrey, IL

Some changes in memory can be normal as we age, however others may represent a problem that should be addressed. Telling the difference can sometimes be difficult.

OSF Psychological Services / OSF Saint Anthony's Health Center



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United Methodist Village
presents
SmartMoves
Healthy Learning Lectures

Keeping the Keys

presented by Dawn Laws

The natural process of aging can affect your vision, hearing, reaction time and cognition. As a senior driver, that means it also can affect your driving abilities. This lecture will focus not on your literal driving ability, but instead proper placement in your vehicle and how to be more comfortable behind the wheel.

- Educate yourself on various activities that help make you a better driver or just how to make getting in and out of any car easier!
- Find out how the therapy department may help you to be safer behind the wheel.

Date: Tuesday, July 17, 2018
Time: 10am
Location: Chapel

**For more information, contact
Dawn Laws, Wellness Coordinator
At 618 917-6235**

