

# Memory Makeover<sup>®</sup>

## Brain Health Series to Transform Your Thinking

with

**Stephen A. Rappaport, MD**



Memory is the foundation of our lives that influences all we have learned, what we do and who we are. Memory provides a sense of familiarity with others and the world around us. In a very real sense, we are our memories.

Over the past decade, advances in medical science have greatly increased our knowledge of the brain's structure and function. Our brain health program applies an innovative approach with new ways to enhance attention and memory.

### **BENEFITS OF OUR BRAIN HEALTH PROGRAM**

Memory improvement is a process that requires sequential and systematic efforts to improve orientation, focus, and mental flexibility. Our goal is to provide you with enjoyable ways to improve attention and strengthen memory through a fun and rewarding experience.

### **STEPHEN A. RAPPAPORT, MD**

Dr. Rappaport has extensive experience in all aspects of successful aging. He trained in Geriatric Medicine at Harvard Medical School and founded Agewell<sup>®</sup> Health over a generation ago.

**Session I "Controlling Stress" Jan 18 or 20, 2011**

**Session II "Channeling Attention" Jan 25 or 27, 2011**

**Session III "Mastering Mind Wandering" Feb 1 or 3, 2011**

All sessions 1:30-2:30 pm.

Call 317-846-9792 or e-mail [info@agewell.biz](mailto:info@agewell.biz) to reserve your sessions before Jan 14, 2011.

\$20 per session or \$45 for all 3 sessions--payable by check or cash—because the content for each of these sessions is distinctively different, we encourage you to attend all 3 sessions.

Sessions will be held at Agewell<sup>®</sup> Health



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