

# Forgetfulness or Something More?

**Free Memory Screening at:  
The Clubhouse at Lake Forest Senior Center  
100 Civic Center Dr., Lake Forest, CA 92630**

**Wednesday, March 19th  
10:30 AM - 12:30 PM**

## **What is Memory Screening?**

A memory screening is a wellness tool that helps identify possible changes in memory and cognition.

## ***Do you have:***

- Trouble coming up with a word or name
- Trouble remembering important dates or events
- Problems remembering names when introduced to new people
- Trouble remembering what you just read or heard
- Problems losing or misplacing things
- Trouble planning or organizing
- Noticeably greater difficulty performing tasks in social and occupational settings



If you said yes to **any** of the above, consider scheduling a **FREE** Mind Check memory screening.

**By appointment only. Please call: (949) 461-3408**