



SHARPEN YOUR MIND! MEMORY TIPS AND TRICKS

Saturday, July 19th | 10:00 AM - 11:00 AM

**United Methodist Church
18422 Culver Dr, Irvine, CA 92612**

Boost your brainpower and enhance your memory in this interactive and fun-filled class! Discover effective tips and tricks to improve recall, strengthen cognitive skills, and keep your mind sharp. Engage in exciting games, activities, and exercises designed to make memory enhancement enjoyable and practical.

Complimentary Memory Screens Available
Please call: (949) 757-3725 to schedule