



Sharpen Your Mind!

Memory Tips and Tricks

Thursday, August 7th • 10:00 AM - 11:00 AM

Costa Mesa Senior Center
695 W 19th St, Costa Mesa, CA 92627

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.

Call (714) 327-7550 to RSVP