

Forgetfulness or Something More?

**Free Memory Screening at:
Sea Country Community Center
24602 Aliso Creek Rd, Laguna Niguel, CA 92677**

**Thursday, September 4th
10:00 AM - 12:00 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) 425-5151