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Wise Notes for Consumers

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Virtual Master of Memory series

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn't mean you can't do something about it, in the absence of a brain disease, such as Alzheimer's Disease – you can be proactive in using some strategies and lifestyle adaptations.

Texas A&M AgriLife Extension Service - Wise County is partnering with counties across the state to offer a comprehensive education online series called, "**Master of Memory**." The six-session series will help you understand how your memory works and what may affect your memory. Medical conditions, medications, diet and exercise, among other things, may all play a role in how your memory works. *Master of Memory* will also help you identify and use strategies to improve your memory function. Online classes will be live so that participants can interact with presenters. Online classes will be offered via the online Microsoft TEAMS platform on Tuesdays from 11:30am-12:30pm beginning September 1 and conclude October 6. Registration for the six lesson series is free at <https://tinyurl.com/y5brgh22>. Once registered you will receive a link to the course as well as other resources that will be utilized during the series. For additional information contact the Extension office at 940-627-3341.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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