

UNLOCK THE SECRETS OF MEMORY



FREE
1 CEU
CREDIT



Robyn Birkeland, PhD
University of Minnesota

**ARE YOU AGING NORMALLY
OR FACING COGNITIVE CHALLENGES?
UNCOVER THE SIGNS, SYMPTOMS, AND SOLUTIONS.**

**FREE AND OPEN
TO THE PUBLIC**

Refreshments will be served.

WEDNESDAY, JULY 17 | 2-3 PM

The Pillars of Prospect Park

Join us as we delve into the subtle distinctions between aging gracefully and mild cognitive impairment.

Objectives:

- To examine the differences between normal aging and mild cognitive impairment
- To explore early signs and symptoms of memory impairment
- To learn what to do if you are concerned about your or someone else's memory

Robyn Birkeland earned her BA in Psychology from Rollins College and her MA and PhD in Clinical Psychology from the University of South Florida. As a study interventionist and coach at the University of Minnesota with the Families and Long-Term Care Projects team, Robyn provides support to family care partners and individuals with memory loss. She is currently working on a study coaching care partners of individuals who have a history of TBI and dementia. She is also working on another study providing support to individuals with memory loss who are living alone.

PLEASE RSVP BY MONDAY, JULY 15

612-623-7007 or Jay.Benedict@fairview.org


**THE PILLARS
OF PROSPECT PARK**
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

22 Malcolm Ave SE,
Minneapolis MN 55414

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