

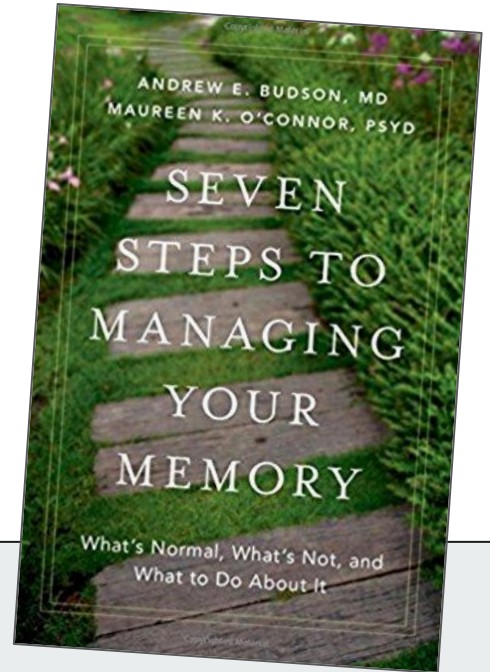
7 Steps to Managing Your Memory

What's Normal, What's Not, and What to Do About It

Join Us for a Special Event with Dr. Andrew Budson of the Boston University Alzheimer's Disease Center and Co-Author of *Seven Steps to Managing your Memory: What's Normal, What's Not, and What to Do About It*.

Thursday, May 10th | 1:30 pm
Bellingham Senior Center
40 Blackstone St, Bellingham, MA

Please RSVP to 508.966.0398



Book Description:

Using clear language and stories of patients throughout, *Seven Steps* explains how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, vitamins, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

About Dr. Andrew Budson:

Dr. Budson is on a crusade to educate the aging population about memory and thinking and help them understand the difference between normal aging and Alzheimer's Disease. Dr. Andrew Budson is Chief of Cognitive & Behavioral Neurology, Associate Chief of Staff for Education, and Director of the Center for Translational Cognitive Neuroscience at the Veterans Affairs (VA) Boston Healthcare System, Associate Director for Research at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, Lecturer in Neurology at Harvard Medical School, and Consultant Neurologist at the Division of Cognitive and Behavioral Neurology, Department of Neurology, at Brigham and Women's Hospital. He is also the Medical Director of the Boston Center for Memory, located in Newton, Massachusetts.



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