

MASTER OF MEMORY

FREE PROGRAM

WEDNESDAYS IN 2026!

4:30-5:30 PM

IN PERSON (at) KCO EXTENSION OFFICE

OR VIA ZOOM

CONTACT SARAH FOR LINK!

JANUARY 7, 14, 21 & 28

& FEBRUARY 4 & 18


ABOUT THE PROGRAM

SHARPEN YOUR MIND!

**JOIN FCH AGENT SARAH MATRANGA
FOR A 6-WEEK MASTER OF MEMORY SERIES
& DISCOVER HOW MEMORY WORKS.**

**YOU'LL ALSO GET PRACTICAL TIPS TO STRENGTHEN YOUR
SKILLS OR SUPPORT THOSE YOU CARE ABOUT.**

REGISTER BY PHONE OR EMAIL:

 **469-376-4520**

 **SARAH.MATRANGA@AG.TAMU.EDU**

 **2471 N STATE HWY 34
KAUFMAN 75142**

TOPICS COVERED

 **MEMORY STRATEGIES**

 **NUTRITION**

 **MEDICATIONS**

 **MEDICAL CONDITIONS**