

## **Don't Miss Our November General Meeting with Memory Author Aaron P. Nelson, PhD.**

Please come to our Thursday, November 14th Newcomers meeting to learn about how memory works, and how you can differentiate the signs of normal aging changes to memory from more worrying signs of dementia.

Aaron P. Nelson, PhD. is a recently retired Chief of Neuropsychology, Division of Cognitive and Behavioral Neurology, and Professor of Psychology at Harvard Medical School. Dr. Nelson will discuss what memory is and how to preserve and optimize your memory as you age. He will also make available and sign his book on memory for those who want a more in depth understanding.