



**Rehabilitation**  
Laura Fergusson Trust  
Canterbury



# Making the most of your Memory

The group provides education about memory and strategies to improve memory skills.

Lifestyle information is also provided during each session, including the importance of sleep, nutrition and exercise for wellbeing and optimal cognitive functioning.

The group (maximum of 8 people) is a supportive environment for members to learn about their memory, practice strategies and to share their comments and experiences.

## **Terms 2 and 4.**

Sessions run for 2 hours weekly for a six week period.

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### **Del Eden**

Speech-Language Therapist

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### **Linda Prattley**

Occupational Therapist

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