

# UNL-Tabitha Memory Workshop:

## How to keep your brain stronger longer

### What is the Memory Workshop?

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The target audience is individuals who are concerned about, or merely want to learn more about memory and aging. Our purpose is to provide education about how to maintain memory and cognitive skills and develop memory strategies. We meet at the UNL Barkley Center on East Campus Wednesday mornings from 10-11:30. Participants will have the opportunity to share their experiences with other individuals and professionals, as well as brainstorm and implement evidence-based memory techniques.

### Who should attend?

Individuals and their significant others who are:

- Concerned about memory and thinking limiting functional skills
- Interested in learning about memory and strategies to enhance thinking skills
- Willing to participate in discussions and try out new strategies and techniques
- Able and willing to attend 8 weekly sessions for 90 minutes each (Wednesdays 10-11:30)

**Details:** Next Workshop: **February 12th, through April 9th, 2025**

Cost: \$20.00 (per participant)

Where: Barkley Memorial Center  
East Campus - University of Nebraska - Lincoln

*Supplemental learning materials for class provided*

**Register Online at:** [Memory Workshop](#)



TABITHA

### For questions contact:

Judy Harvey Ph. D. CCC-SLP, University of Nebraska-Lincoln  
402-472-6792 | [Judy.Harvey@UNL.edu](mailto:Judy.Harvey@UNL.edu)