

# Making the most of your Memory

## Group Program

Memory challenges are one of the most common ongoing symptoms of people with Acquired Brain Injury (ABI).

This is a 9-week program for adults with ABI with mild-moderate memory difficulties. You will learn how to use strategies to support your memory utilising clinical evidence for memory rehabilitation.

Making the Most of Your Memory (Radford et al. 2010)

Each 90min group session includes education and activities to help you....**make the most of your memory.**

Come along to build skills and make connections with others experiencing challenges with their memory.

**WHEN:** TBA

**WHERE:** 65 Anzac Highway, Ashford SA

To register please phone 08 7226 3223



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