



GRAY MATTERS

Free Brain Health Workshops

Put your
best brain
forward

Cognitive Fitness: From Neuroplasticity to Crossword Puzzles

What Really Works and Why.

Patti Celori Said

Executive Director, New England Cognitive Center

Join us as Patti Celori Said, Executive Director of the New England Cognitive Center takes us on a journey into human learning. She'll cover everything from the concept of neuroplasticity to practical ways to strengthen or maintain our cognitive abilities as we age. Key areas for cognitive fitness will be discussed including memory, concentration and problem solving skills.

When: June 16, 2021 - 1:00pm-2:30pm

Where: ZOOM - Register in advance at:

<https://zoom.us/meeting/register/tJMvduuopzssHdJt8XXMavLrSJAvJ5mXIDso>

After registering, you will receive a link to via email to join the meeting.

About the Presenter: Patti Celori Said is Executive Director of New England Cognitive Center, a non-profit organization dedicated to the development and dissemination of innovative, evidence-based cognitive rehabilitation programs. These programs are aimed at creating cognitive interventions that enhance brain health, independence and quality of life for individuals with cognitive loss, including those diagnosed with Alzheimer's disease and dementia. She has been the driving force behind the development of NECC's Suite of Cognitive Programs, which reflects her talent for translating fundamental learning principles into creative, effective programs designed to improve memory and overall cognitive function. Patti Said's work has been recognized on the national level, resulting in awards from the American Society on Aging and the American Public Health Association.