

GRAY MATTERS

Free Brain Health Workshops



Cognitive Fitness: What really works and why?

with Patti Celori Said

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. She will share key areas for cognitive fitness including memory, concentration and problem-solving skills and updates regarding how the last few years have impacted our cognition.

Wednesday, June 21, 2023

1-2:30pm

Register in advance for this Zoom event at:

https://us06web.zoom.us/meeting/register/tZAsdOygpjgrHtKh41pT_feEtu00Vj81FRJq

After registering, you will receive a link 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 are designed to improve memory and overall cognitive function. Her work has been recognized on the national level, resulting in awards from the American Society on Aging and the American Public Health Association.