GRAY MATTERS

Free Brain Health Workshops



The Aging Brain:
Understanding Changes in Memory and Thinking

How do our brains change as we age? Please join us as Stephanie Simone, Ph.D., discusses common misconceptions about aging and what happens to our brains and thinking skills as we age. She will also discuss the difference between normal aging, MCI and dementia, and review steps we can take to keep our brains healthy!

Wednesday, December 16

1-2:30pm

Jewish Family Service

6555 West Maple Road, West Bloomfield

To register visit jfsdetroit.org/MindU
or contact us at MindU@jfsdetroit.org or 248.788.MIND (6463)

About the Presenter:



Stephanie Simone, Ph.D., is a postdoctoral fellow in clinical neuropsychology at the University of Michigan whose work focuses on dementia prevention and healthy brain aging. She earned her Ph.D. in Clinical Psychology from Temple University and completed her predoctoral clinical internship at the Charleston Consortium. Her research examines how lifestyle factors, such as physical activity, sleep, and social engagement, can reduce dementia risk, as well as how psychological factors, like motivation, influence a person's ability to engage in these behaviors.

Jewish Family Service of Metro Detroit

JWF Jewish Women's Foundation of Metropolitan Detroit

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Michigan Medicine University of Michigan — Michigan Alzheimer's Disease Center

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