

Your Memory Minute

NOVEMBER 2005

A MONTHLY UPDATE FROM THAT MEMORY GUY

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NOVEMBER IS NATIONAL ALZHEIMER'S AWARENESS MONTH.

For anyone concerned about their memory or that of someone they love, free screenings are available on November 15 as sponsored by the Alzheimer's Foundation of America (www.nationalmemoryscreening.org). Memory Management along with Shell Point is participating in this event. If you have questions contact me.

FOR THE REST OF US, IT MAY BE TIME TO TAKE STOCK OF OUR OWN MEMORY.

What can we do to protect the future of our memory now?

FIVE TIPS TO HELP IMPROVE YOUR MEMORY

as well as keep your mind in tip-top shape.

1. **Spend a minute with what you want to learn** – we remember best that with which we spend the most time.
2. **Decide on what you want to remember better and plan how you will remember it** – don't try to remember. Make a specific plan for how you will remember.
3. **Think small** – "baby steps" count and accumulate quickly. Pick a small, easy to manage thing to remember (like where you place your car keys). Once you master that, pick another step and keep walking forward toward a better memory.
4. **Exercise more consistently** – have you marked all of your exercise time for the rest of the year in you calendar yet?
5. **Improve your diet** – what is your plan to increase the number of fruits and vegetables that you will eat each week for the rest of the year?

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Dr. Beckwith's book,
Managing Your Memory,
Practical Solutions for Forgetting
is now available at Barnes & Noble
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