



# MEMORY KEEPERS

A special program for  
people with mild to  
moderate memory loss

NOV 3-FEB 2  
11AM-NOON  
VIRTUALCLASSES

To enroll, contact:  
MemoryKeepersGroup@gmail.com  
(314)266-9131

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This class is based on the principles of Cognitive Stimulation Therapy (CST), an evidence-based practice for people with mild to moderate memory issues.

Studies show those who participate in CST experience improved mood, memory, daily function and quality of life.

Classes are facilitated by licensed, certified professionals and provide:  
social connections | fun and engaging activities | positive peer support

Class meets once a week for 14 weeks.  
After completion, maintenance groups are available.

LEARN MORE AT [WWW.MEMORYKEEPERS.ORG](http://WWW.MEMORYKEEPERS.ORG)