

MEMORY MOVES

New tools to stimulate retention and recall



- Where did I put my keys?
- What was this guy's name?
- Is my meeting today or tomorrow?

Oh, these "senior moments"! Are you worried about losing your brain (or your mind)?

Don't worry! Help is on the way.

Memory turns on and off under stress. Learn how memory works and the switches that turn it on.

"Just doing a few exercises helped me reduce stress and improve my retention"

Salesperson

The **Memory Moves** evening workshop uses a **new set of techniques** called **Brain Upgrade**. The Brain Upgrade approach to memory is different: no visualization, association or "memory tags". **The Brain Upgrade approach stimulates the brain where it is really located** - and it's not just in your head!

The **Memory Moves** seminar gives you access to the **secret switches** that keep your brain and your memory SWITCHED ON. You will be surprised how easy it is! Once you know how to use these switches, you can continue to **turn on your memory at home, at work, anywhere...**

Memory Moves is a **lively, interactive workshop** which will give you immediate improvements and exercises to follow up with.

"Since the workshop, I have felt better about my memory when I do the exercises I learned from Paula. I would recommend Memory Moves to others because this approach makes sense. It's a good alternative to drugs or herbs or doing nothing."

Computer Consultant

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