

Memory

Duration: 3 hours
Cost: Free of charge in conjunction with Epilepsy Awareness training.

COURSE AIMS

- ☞ Gain an understanding about issues relating to memory.
- ☞ Raise awareness of how to develop your memory's potential.

LEARNING OUTCOMES

Participants will gain an understanding of :

- ☞ how memory works
- ☞ how epilepsy affects memory
- ☞ lifestyle issues which impact on memory
- ☞ strategies and practical suggestions to make the most of your memory
- ☞ memory support techniques.

Contact the office for further information or to book training.

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