

Your Eldercare Consultants, Chicago Cognitive Wellness Center and Wilmette Public Library present

Why Do Your Thinking Abilities Change?

with Dr. Jennifer Medina and Barbara Sarasin, M.S.W.

Come learn about neuropsychological testing and how it can help you understand changes in the way you think. The presentation will discuss:

- Different areas of cognitive functioning (e.g., memory, attention, language).
- The difference between normal memory loss related to aging and more serious memory loss issues.
- How and when neuropsychological testing can be helpful.

Workshop Leaders: Dr. Jennifer Medina and Barbara Sarasin

Dr. Medina is a clinical neuropsychologist who specializes in cognitive assessment of adults as well as mindfulness-based and cognitive-behavioral psychotherapy (CBT). Her practice at the Chicago Center for Cognitive Wellness is focused on working with adults experiencing cognitive or mood difficulty and those who are interested in healthy brain functioning and cognitive wellness. In addition to neuropsychological assessments, Dr. Medina provides individual and group psychotherapy and leads wellness programs.

Ms. Sarasin, a geriatric care manager from Your Eldercare Consultants, provides a practical, positive approach to solving problems with her care management clients. For more than 20 years, she has been working with individuals and their families to better understand cognitive testing and how such tests can be used to enhance life planning decisions.

Monday, October 7, 2013 | 6:30–7:30 p.m.

Please register by calling 847.256.6935

Wilmette Public Library
1242 Wilmette Avenue, Wilmette

www.YourEldercareConsultants.com

