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Family Memory Workshop

A Day of Learning & Laughing Together

All Family Members Welcome — (age 7 and up to 100+)

Date Location

Presenter: Jan Dacri – see www.jandacri.com

Format of the Day:

- 8:30 – Doors open
Fresh fruit Vita-Mix smoothies will be served for breakfast, come hungry!
- 9:30 – We will begin the Workshop promptly
- Noon – A Catered Healthy Luncheon will be served in _____
(Special dietary needs will be accommodated)
- 1:00 – Workshop program resumes
- 3:30 – End
- 4:00 Doors close (☺)

Goals of the Memory Workshop:

- Mixing children together with adults for a great day of learning and laughter
- Picking up great, practical memory techniques for education, work, exercise & play
- Mastering techniques such as Remembering Names; knowing how to remember the names of anyone and anything, anytime you wish; numbers; facts and items of information.
- Understanding the importance of Living the Healthy Lifestyle to support optimal brain function
- Having fun together across the generations

Materials:

Everyone will receive their own copy of Jan's book, MEMORY SECRETS and one DVD per family

Follow-through:

Take home value potential depends on this. With continued on-line support, families are encouraged to meet once per week anywhere at home and work on memory techniques together. A learning experience that's fun to share. Occasionally families get together to share ideas and practice. Hopefully the home where you meet can offer a fresh fruit Vita-Mix smoothie before a morning meeting; a green drink in the afternoon. Simply good natural nutrients to nourish the brain cells (and the whole body) for optimal memory power.

Quotes:

After a recent 1-Day Family Workshop –

“After the workshop, everyone in the group still seems to be motivated. We’re enjoying using the techniques we learned. The children are definitely having more fun with their homework. We’ve scheduled weekly meetings, rotating homes. Appreciate you following up with us, your insights are proving to be true and we want you to know how much we value what we all learned (and are still learning) from you. The DVD is wonderful.”