



EMORY
UNIVERSITY

Charlie and Harriet Shaffer
Cognitive Empowerment Program
Goizueta Institute

Our Virtual Programming Includes:



Accessible physical fitness classes
including strength and cardio, yoga,
and tai chi



Memory support training including
ways to be more independent and
confident



Home safety and simple
modifications to support "aging in
place."



Practical coping strategies after a
diagnosis and how to deal with
changes in your relationships



MIND diet education and simple
meal changes to support brain
health through nutrition



Join Us for a Free Weekly Webinar Wednesdays from 2:00-2:45 pm

Join a weekly webinar for
those experiencing early
stage memory loss and their
care partners.

Learn about easy lifestyle
changes and research that
promotes joy, purpose,
health, and wellness after a
diagnosis of mild cognitive
impairment.

Registration Link:
<https://bit.ly/ceplive>

