

Courses for Memory Trainers

EURAG European Federation of the Elderly

Fédération Européenne des Personnes Agées

Federazione Europea delle Persone Anziane

Bund der älteren Generation Europas

EURAG MEMORY TRAINING CENTER and

Czech Society for Memory Training and Brain Jogging

jointly organize under **EURAG PROJECT:**

EMPOWERING SENIORS FOR INDEPENDENT LIVING

Working language: English

COURSE FOR MEMORY TRAINERS –

GROUND LEVEL /40 hour course/

The seminar will be held

from Monday November 13th 19th till Friday November 17th, 2023 for the Singaporean U3A association under the guidance of:

Ing. Dana Steinova: Strategy and motivation, mnemonics – perfect compensation of imperfection of human brain, training of different cognitive skills such as language, concentration, encoding and decoding of information, how to build reserve brain capacity; Professor Pavel Kalvach, M. D.: Brain and its functions

It is assumed that the proceedings will take place from 9.00 am to 12.15 pm and from 1.15 to 4.30 pm every day .

This training course is intended for seniors representing senior organisations which are in need of a memory training instructor or professionals who intend to expand their professional skills. The course participants will **obtain the memory trainer's certificate** if they pass the final written and oral exam .The new memory trainers are expected to use their new skills in order to help to re-discover the potential and

increase self-confidence, self-esteem and the quality of life of their peers, not only from their own organisation, but also offer memory training classes for public over 50. Training is intended for healthy senior population and can be modified as a form of cognitive rehabilitation for other target groups including people suffering from dementia

More info from

dana.steinova@aktivnistani.eu