

Silvermont Senior Center to host memory fitness class March 22

The Silvermont Senior Center announced it will host gerontologist Dr. Paula Hartman-Stein as a guest speaker from 1 p.m. to 3 p.m. Friday, March 22. Maximum Memory Fitness will be offered in a two-hour booster and practice session of strategies shown to enhance memory. "A good memory is the result of work; you will never achieve optimal memory functioning from a pill or supplement. Memory habits must be part

of your lifestyle," according to Hartman-Stein, "and practicing them in a group setting helps people remember to apply them when needed."

The fee is \$10 and open to those who have attended prior classes or are first-time participants. For any questions or to register, please contact Brenda Skeffington at (828) 884-3166 or at brenda.skeffington@transylvaniacounty.org.