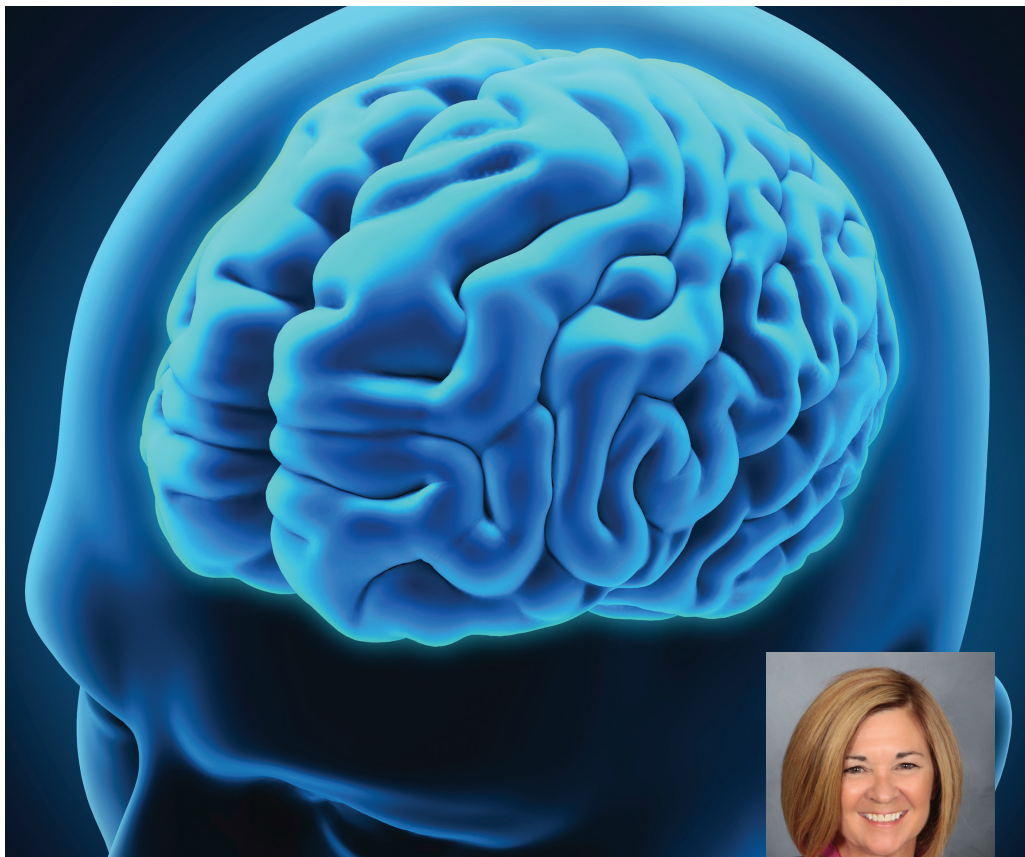


Cognitive Therapy

A Free Dementia Education Seminar



Featuring Guest Speaker
Terry Ullman, MSW, LCSW-C, LICSW
Psychotherapist and Eldercare
Consultant

Terry has over 30 years of experience helping adults from all different backgrounds develop the skills they need to live full and meaningful lives. Her areas of expertise include geriatrics, dementia, caregiving, life transitions, parenting and chronic illness. Join Terry as she shares some cognitive brain training exercises to develop skills that help you stay mentally sharp.

**Monday
January 11**

10:00 am to 11:00 am

**Laurel Beltsville Senior
Activity Center**

7120 Contee Road
Laurel, MD 20707

At Arden Courts we offer:

- 100% Dedicated Memory Care
- Safe, secure indoor/outdoor walking paths
- Programming tailored for all levels of dementia

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