

Interior Decorating for Optimal Memory

Saturday, February 25 11am-1pm

742 Genevieve Street, Suite F

Solana Beach, CA 92075

@ The Dancing Canvas Across from Fidel's

Presented by: **CHUNKY
SEAHORSE**
live memorably

Cost: \$50

Did you know...



- ▶ Most people spend 85 % of their lives indoors?
- ▶ Research show that our surroundings play an important role in our mood and brain health?
- ▶ Texture, color, patterns and other home accents can both benefit the brain and living space?
- ▶ There are simple and cost effective ways to improve your memory and stimulate your mind through your home decor?

Tap into your creativity and learn how to design your home for optimal memory. There will be opportunities to ask the designer about ideas for your own home, and you will leave with a workbook and all the tools to apply new skills on your own.



Lisa Randall, M.S./Health Educator and Annemarie Brennan, Interior Designer and artist, have joined forces to present this unique and memorable workshop. Together, they offer decades of experience in both preventative healthcare, memory and interior design. They share a passion for helping others to live their best lives and hope you can join them to learn more about optimizing memory through your home with this fun and interactive workshop!



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