


with  
Drs. Gail Eskes & Ryan Wilson

**An Introduction to the Memory Boot Camp**



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**Thanks to the  
Memory Boot Camp Team!**

- Nick Zamora – Wolfville Community Recreation, Health & Wellness coordinator
- Ashley Alders – Kentville Parks and Recreation Communications and Resource Coordinator
- Daisy Dwyer – Kings County Seniors' Safety Society
- Aidan Fisk – CAP Lab teacher
- Steven Wilton, Acadia University student
- Dr. Beverley Cassidy, Dalhousie Department of Psychiatry

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**Boot Camp Road Map**

**Module 1:** October 5, 2020  
User's Guide to Memory

**Module 2:** October 19, 2020  
Deep Linking

**Module 3:** November 2, 2020  
Say it Again, SAM

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### How does the Boot Camp work?



- Prior to each live class we will Post material to memorybuilder.ca and our Facebook group.
- The materials will consist of short videos, practice sheets and demonstrations
- During the live classes we will:
  - discuss the posted material
  - answer any questions you might have

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### Getting the most out of these classes

- It is up to you!
  - watch the videos and do the practice/demos BEFORE class
  - Come prepared with your questions and comments
- During class
  - We will moderate the questions
  - Please show respect for others' viewpoints and privacy
- Outside of class, the more you engage with the materials, the more you will learn
  - Think about how you can apply the ideas to your own memory
  - Breaking old habits or creating new ones is hard
  - Practice, practice, practice!



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### The tech side of the Memory Boot Camp

- All the material will be on our website
  - We will send you announcements of new materials over email
  - The email will include the link to our website, memorybuilder.ca
- You also have the option of finding us on our private Facebook group, Memory Boot Camp
  - The site is private, so we can have interesting discussions between classes if you wish
- Have questions or need help? Contact info@memorybuilder.ca



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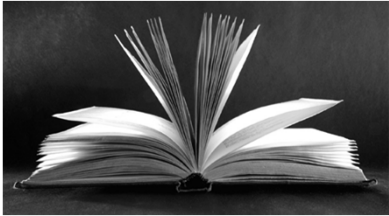
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Up Next

**Module 1:**  
User's Guide  
to Memory  
Overview



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