

Smyrna United Church of Christ

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FOR IMMEDIATE RELEASE

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Welcome Back to Smyrna's Memory Café!

School is starting back, and Smyrna's Memory Café is starting back, too, on Friday, September 8th from noon to 1:30 pm. Learning is for every age, and that sense of a new beginning is good for us all.

Research shows that getting out and socializing is good for helping to keep your brain healthy. And so is learning new things and trying new things – foods, activities, and exercises among them.

Our September 8th Memory Café will be a “Welcome Back Celebration” and will offer everyone a chance to plan out their goals for the next school year – what will you learn and do that is new, to help keep your mind sharp?

Smyrna's Memory Café on Friday, September 8th from noon to 1:30 will include other brain health information, handouts, and activities, and will include a light lunch. **There is no cost, although free-will donations are accepted for lunch. Reservations are required by Wednesday, September 6th** by calling 503-689-4450.

For more information about the Memory Café, visit the Smyrna UCC website at www.smyrna-ucc.org.

God is still speaking,
**UNITED CHURCH
OF CHRIST**

