



## Join Us!

For the 2nd annual *Hold On To Your Memory: Aging & Memory in the African American Community* conference on September 6, 2008, at the Portland Community College Cascade Campus.

Connect with seniors, family caregivers and providers. Learn about issues affecting age and memory in the African American community and about useful resources available to you!

Last year's event was a huge success, attended by over 200 people. We expect this year's event to be even bigger. Once again, you will have the opportunity to learn about the latest dementia and Alzheimer's research.

This year will also include information about the role complementary medicine; such as massage, acupuncture, and herbal supplements, as well as natural methods of stress management, play in the prevention and management of memory loss.

Don't miss this information packed event. Register now!

Hold On To Your Memory  
Urban League of Portland  
c/o Lauretta Slaughter  
10 North Russell Street  
Portland, OR 97227



## *The 2nd Annual* **Hold On To Your Memory**

A conference on aging & memory in the African American community

**This Event is Free  
to the Public!**

Saturday, September 6, 2008  
Registration at 8:30 am  
Program 9:00 am - 3:30 pm  
Portland Community College  
Cascade Campus  
705 N Killingsworth, Portland



## Attendees will benefit from:

- A lecture by keynote speaker, Monique Williams, MD, who will present *“Quality and Culturally Responsive Care for Older Adults.”*



Dr. Williams is an Internal Medicine physician in the Division of Geriatrics and Nutritional Science at Washington University in St. Louis. She is also involved in research focusing on diabetes and Alzheimer’s disease.

- A presentation on complementary medicine -- what it is and what it is not.
- Sessions on nutrition, diabetes and the heart, stress reduction, memory loss, and communicating with your doctor.
- A healthy soul-food lunch with entertainment by storyteller/drummer Nyewesi Askari.
- A resource fair featuring a healthy cooking demonstration, interactive computer games and information about community resources.
- An opportunity to take part in the Community Memory Story project.

*\*CEU credits are available for AFH providers, nurses and social workers at a cost of \$50.00. For more information, please call us at (503) 309-7816.*

## Event Sponsors

Oregon Health & Sciences University  
Urban League of Portland  
Providence ElderPlace  
Legacy Health Systems  
Volunteers of America  
National College of Naturopathic Medicine

## Transportation

Ride Connection, a non-profit, community service organization, is providing transportation to and from this event.  
If you need transportation, please call (503) 309-7816 to reserve a seat.

## Contact Us For More Information

(503) 309-7816 | [www.ulpdx.org](http://www.ulpdx.org) | [HoldOnToYourMemory@gmail.org](mailto:HoldOnToYourMemory@gmail.org)

NAME:  
ADDRESS

EMAIL:  
PHONE:

Please let us know of any special accommodations you need to attend this event

If you need transportation to/from this event, please call us at (503) 309-7816.

## Mail Registration To

Hold On To Your Memory  
Urban League of Portland  
c/o Loretta Slaughter  
10 North Russell Street  
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