



Join The ARK's Navigation Club Today!

Are you concerned about your memory or do you want to maintain and improve it? Captain your own future, pick up your compass and join The ARK's Navigation Club.

The Navigation Club's mission is to support brain health through engaging members in five important content areas: Socialization, Mental Stimulation, Physical Activity, Mindfulness and Nutrition.

The classes will be facilitated by a coordinator who is knowledgeable about memory loss and how to maintain a healthy brain. Guest speakers will be invited to speak on topics members are interested in that will promote brain health. Structured classes will encourage club member participation. Tools will be given to create opportunities to practice at home.

**Classes meet weekly on
Fridays at The ARK House
8:45 A.M. – 12:30 P.M.**

**Each class includes a healthy
snack, weekly resources and
recommended readings**

To Register Today

**Contact Debbie Housand
Email | Program@thearkofsc.org
Office | 843-471-1360**

**Memory Screenings are encouraged to
establish a baseline. Members may
request a memory screening test.**



**(843)-471-1360 | info@thearkofsc.org | www.TheARKofSC.org
PO BOX 1540 | Summerville, SC 29484
502 West 5th North Street | Summerville, SC 29483**