



## FIVE BRAIN HEALTH INTERVENTIONS

### Exercise

At least 150 minutes of brisk walking  
every week

### Mediterranean Lifestyle

Mediterranean-style fresh food prepared  
with olive oil

### Lifelong Learning

Something new that is brain challenging

### Socializing

Conversing purposefully with friends &  
family

### Restfulness

Cooling the brain for 20 minutes each day

## Contact us

117 William Hilton Parkway  
Hilton Head Island, SC 29926

Mailing Address:

P. O. Box 22330

Hilton Head, SC 29925

Email:

[info@mymemorymatters.org](mailto:info@mymemorymatters.org)

Website:

[www.mymemorymatters.org](http://www.mymemorymatters.org)

(843) 842-6688

## CONTRIBUTE

Memory Matters relies on financial  
gifts and volunteer time to  
accomplish our mission. You can  
significantly impact this work with  
your resources, which are:

### Volunteering

Program  
Educational  
Administrative  
Events  
Board of Directors  
Customized

### Donating

Individual  
Matching Gifts  
Memorials  
Bequests  
Corporate  
Grants

*Donations can be mailed, delivered  
in-person, or submitted online at  
[www.mymemorymatters.org](http://www.mymemorymatters.org)*



# MEMORY MATTERS

OPTIMIZE BRAIN WELLNESS

# WHAT MEMORY MATTERS OFFERS



## BRAIN HEALTH EDUCATION

Boost your Brain or learn about the five brain-healthy interventions.



## PROGRAMS & SERVICES

Receive a FREE memory screening or join our day programs for mild to moderate memory loss.



## FAMILY & CAREGIVER SUPPORT

Join a support group, sign up for an individual counseling session or register for a caregiver class.



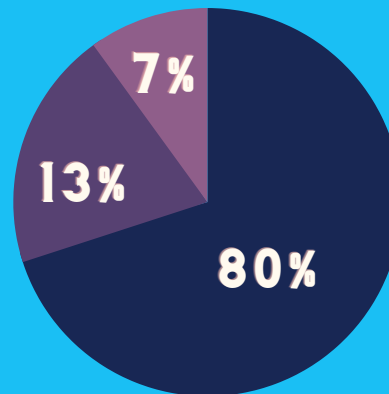
## VOLUNTEER

Come Volunteer and Make a Difference.



## MISSION STATEMENT

Memory Matters provides compassionate services for those experiencing cognitive decline, offers caregiver respite, supports families, and educates those who want to maintain or improve their brain health.



Memory Matters is an organization you can trust.

In the 2020 fiscal year, 80% of operating expenses were spent on programs and services, 13% was spent on fundraising costs, and 7% went to administrative costs.



## ABOUT US

Memory Matters, founded in 1997, began in churches with strong volunteer and donor support. We are a nonprofit charity registered as an IRS 501(c)3. We care for all who seek help, regardless of ability to pay. The original mission was to provide caregivers respite while their loved one attended a memory loss day program. Today, we continue our caregiver support in addition to counseling, classes, resources and much more on HHI, Bluffton, and virtually. We also educate the entire community about the five brain healthy interventions: Exercise, Mediterranean lifestyle, Lifelong Learning, Socialization, and Restfulness.