



## Improve Your Memory Forever Quickbite

Tuesday, March 2, 2010

10:00 a.m. – 11:00 a.m. CST

9:00 a.m. – 10:00 a.m. MST

In this dynamic Quickbite you will learn:

- Natural memory hints
- Trained memory methods like associate and replacement
- Learn how to remember: names, faces, reading material, and reduce absentmindedness

**SPEAKER: Jon Keith** a memory expert for over 30 years has had a front-page story in the New York Times and other newspapers. His first book *Executive Memory Techniques* has sold over 35,000 copies. He has taught companies and organizations like IBM, Ralston Purina, Chevron-USA, Continental Insurance, and U.S. Postal Service his memory skill techniques.

**AUDIO ARCHIVE!** Can't tune in today? This session will be available online for 30 days after activation. You must be registered for this QB to hear the audio-recorded version and receive handouts. If you have not received your handout materials three days prior to the session, contact Debbie Kruckenberg at 701-250-3924 or 800-279-6328, ext. 3924, at the Association office.

### Registration Form – Improve Your Memory Forever

Educational investment is \$129 per telephone connection, unlimited listeners, and free audio archive.

Credit Union \_\_\_\_\_

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Registration Deadline: Tuesday, February 23, 2010

Return by fax to Mid-America Credit Union Association at 701-250-3925