

Here is an introduction for your speaker, Jan Dacri. You are welcome to use all or part of it. Feel free to add your own anecdotal comments regarding Jan and/or the topic of memory.

Our special guest today is Jan Dacri (DAK-REE). Since 1973 Jan has inspired thousands of people from all walks of life by teaching what she calls “MindBody TuneUp” Techniques and Memory Secrets.

She began her study and application of memory techniques while in high school and received her Master’s Degree in Education from Tufts University in Boston, graduating with Honors, Phi Beta Kappa.

Realizing the important part both memory training and healthy lifestyle habits had contributed to her own academic success, Jan developed a program to share with others. In the early 70's she began conducting 8-week memory workshops for the general public in Los Angeles and was also one of the first Health Club Yoga teachers, publishing articles in the Yoga Journal. For more than 30 years she has been a motivational speaker for companies, groups, and organizations, at meetings and conferences around the world.

Always being asked after her memory presentations “Now that you’ve motivated us, how can we do more to strengthen our brains and insure against memory loss?” she produced a DVD and wrote book to go with it. MEMORY SECRETS is a complete course designed to be used by groups of all ages and individuals who are motivated to excel in all they do.

Jan’s son Brent, at age 28 will soon have a PhD in Computer Science – and he is her web-designer. How lucky is that? Be sure to visit jandacri.com .

Like you, Jan’s goals are to be healthy, enjoy loving family relationships, and have work that contributes to the highest good.

Great challenges face all of us in these uncertain times. Keeping fit - mentally and physically - while endlessly multi-tasking is certainly one of them. Today Jan will share with us some of her Memory Secrets and MindBody TuneUp Techniques, a Tool Kit that you can take home and use.

So let’s welcome JAN DAK-REE . . .
(huge applause!)