



# LIFEFIT: VIDEO MEMORY ARCHIVING PRESENTATION

## CFIT A-LA-CARTE SERVICES

Provider: Kate Carter  
Executive Director LifeChronicles  
[www.lifechronicles.org](http://www.lifechronicles.org)

### *“CAPTURE THE ESSENCE OF YOUR LIFE & MEMORIES”*

LifeChronicles utilizes video to preserve a legacy for people in defining times of their lives.



The video provides those wishing to record their life stories for the benefit of those they will eventually leave behind the opportunity to preserve their memories.



Unlike any other medium, video encompasses people in their entirety, including the sound of their laughter, the inflections in their voices and the sight of their facial expressions.



Offers comfort to people during critical periods of their life by providing an opportunity to share important messages and experiences, and express their love to their family and friends.



LifeChronicles' service's have proven to be therapeutic and empowering, not only for the participants themselves, but also for those who are near and dear to them.

 ***Join us for a special presentation by Executive Director, Kate Carter about the benefits and objectives of video memory archiving!***



**PLACE: CFIT, 2409 De La Vina Street**

**DATE: Tuesday, April 20th**

**TIME: 2:00-3:00pm**

Free to CFIT clients, \$5 donation for all others  
Please RSVP to 805-899-7777 or [kendra@sbcfit.org](mailto:kendra@sbcfit.org)