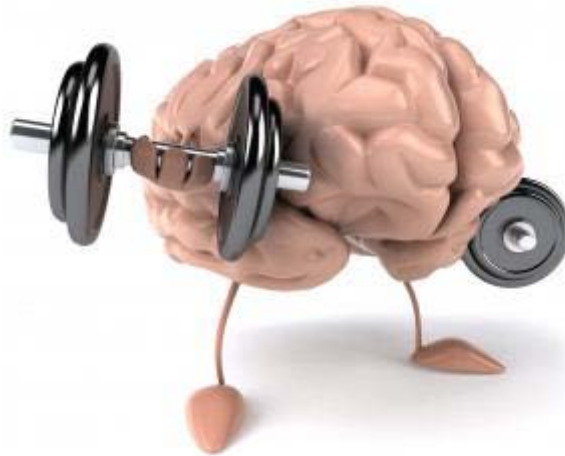


Active Aging & *Care Transitions*

UCLA Longevity Center – Brain Boot Camp

**BRAIN
BOOT
CAMP**



During the half-day Brain Boot Camp, participants will . . .

1. Learn basic techniques to respond to everyday memory challenges.
2. Master advanced memory techniques for names and faces.
3. Get tips for a healthy heart and brain diet.
4. Gauge progress and notice results in just three hours.
5. Take home strategies, exercises, and assignments to continue improving memory on a daily basis.

Who Should Attend?

Brain Boot Camp is designed for people with age-related memory concerns, who wish to improve or maintain their memory ability. The course is not intended for people with Alzheimer's disease or other forms of dementia.

More Information

For more information or a copy of our Brain Boot Camp brochure (see Resources), contact:

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