

UCLA Longevity Center BRAIN BOOT CAMP

Exercising our bodies keeps us strong and helps guide us through the daily physical demands of life. Yet, as much as we rely on our mind and memory, we rarely give them a good workout to keep them in top shape.

The UCLA Longevity Center has conducted extensive research on how the brain ages to develop exercises that help improve memory and prevent future memory loss.

People from all walks of life can now benefit from these techniques in a unique, small-group setting. Led by UCLA neuropsychologists, Brain Boot Camp is an interactive, scientifically-based training experience that provides participants with enough tools and lifestyle tips in just three hours to keep their brains vital and healthy for years.

Cost: \$300

UCLA Longevity Center

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UCLA Longevity Center

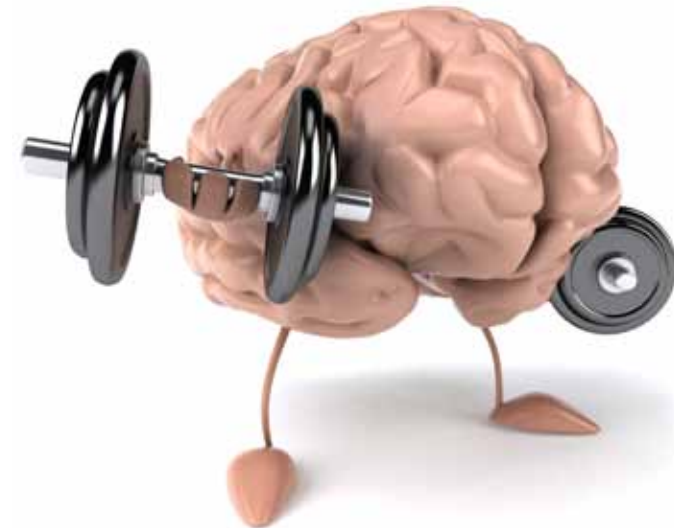
BRAIN BOOT CAMP

UCLA's three-hour intensive course that teaches brain healthy lifestyles and enhances memory ability

Other Programs of Interest:

Senior Scholars

A program for adults age 50 and older who wish to audit undergraduate UCLA courses on campus.
Email: SrScholars@mednet.ucla.edu
Phone: (310) 794-0679
Cost: \$150 per course



What to Expect

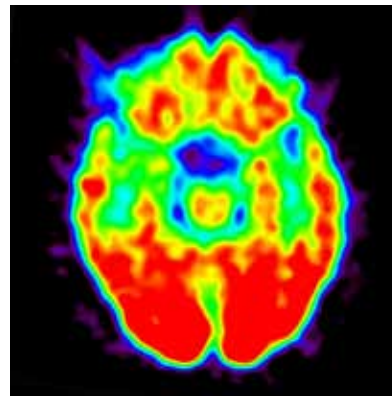
Brain Boot Camp is not like an exercise class where you can stand anonymously in the back of the room. This workshop will push each person to reach his or her highest potential through a series of exercises geared at improving memory.

Brain Boot Camp participants will . . .

- ✓ Measure baseline memory, stress and fitness levels to individualize healthy lifestyle programs.
- ✓ Learn basic techniques to respond to everyday memory challenges.
- ✓ Get tips for a healthy heart and brain diet.
- ✓ Master advanced memory techniques for learning and recalling names and faces.
- ✓ Gauge progress and notice results in just three hours.
- ✓ Take home strategies, exercises, and assignments to continue improving memory on a daily basis.

The Research

Brain Boot Camp is led by expert clinical neuropsychologists and based on the research of Dr. Gary Small, Director of the UCLA Longevity Center. The author of many books, including *The Memory Bible* and *The Alzheimer's Prevention Program*, Dr. Small has conducted extensive research on how to improve memory and delay future memory loss. His discoveries led *Scientific American* magazine to name him one of the world's top innovators in science and technology.



In addition to new skills, each participant receives one of Dr. Small's books and a packet of take home exercises.

Who Should Attend?

Brain Boot Camp is designed for people with age-related memory concerns, who wish to improve or maintain their memory ability. Participants include everyone from business people who need tips on remembering names, to people noticing the onset of common middle-aged pauses. The course is not intended for people with Alzheimer's disease or other forms of dementia.

Brain Boot Camp can be offered on an individual basis and tailored to accommodate individuals who have mild cognitive impairment.

For more information contact:

UCLA Longevity Center

at

(310) 267-1AGE(1243)

or

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or visit

www.longevity.ucla.edu