

# Active Aging & Care Transitions

## UCLA Longevity Center - Memory Fitness



Memory Fitness teaches memory enhancement methods based on the clinical research of the UCLA Longevity Center's Gary Small, MD and Karen Miller, PhD.

To improve common memory challenges, participants learn health lifestyle strategies in **four** areas of life key to maintaining memory fitness:

- Healthy Diet
- Physical Activity
- Stress Reduction
- Memory Training

Certified trainer presentations combine with group discussions, memory assessment tools, and skill builders to teach students simple strategies to remember names, faces, where they put things, future appointments, and methods to help improve lifestyle factors that contribute to memory decline. Research shows that cognitive benefits from memory training and healthy lifestyle changes can last for years.

Class meets for 60 minutes, twice a week throughout the 11 session course.

For more information, please contact:

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