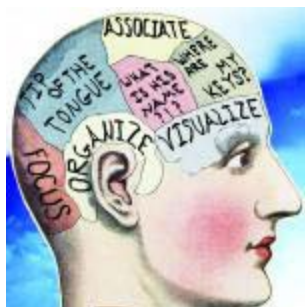


Active Aging & Care Transitions

UCLA Longevity Center - Memory Training



Overview

Memory Training presents effective memory-enhancing techniques to individuals and organizations. The UCLA Longevity Center-developed course combines trainer presentations with group discussions, memory checks, and skill-building exercises and provides an innovative educational program for people with mild memory concerns. Written by Linda Ercoli, PhD and Gary Small, MD, the course is taught by certified trainers in a fun, interactive classroom environment.

The course is not intended for people with Alzheimer's disease or other forms of dementia.

We focus on the four top memory challenges that people complain about:

- Forgetting names and faces
- Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room
- Forgetting where you put things like keys, glasses or a wallet
- Inability to immediately recall something you know or "tip of the tongue" memory challenge.

Each course is 2 hours, once per week, for 4 consecutive weeks. For additional information, please request a copy of our brochure (copy also found under Resources).

Contact:

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