

UCLA Longevity Center

Enroll in

MEMORY TRAINING

UCLA Longevity Center

UCLA's innovative, four-week educational program teaches practical techniques to improve memory

UCLA Longevity Center MEMORY TRAINING

Designed to help participants:

- ✓ Remember names and faces
- ✓ Keep the future in mind...recall appointments, phone messages, and plans
- ✓ Avoid misplacing objects like keys, glasses or a wallet
- ✓ Overcome the “tip of the tongue” memory challenge of knowing something you can’t immediately recall

MEMORY TRAINING teaches practical strategies to enhance memory ability and function. Written by Gary Small, M.D. and Linda Ercoli, Ph.D., the course is taught by certified, volunteer trainers who lead discussions in a fun, Socratic classroom atmosphere. Many participants experience improved memory ability after just one session.

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Los Angeles, California 90095-6980

Phone: (310) 267-1AGE(1243)
Fax: (310) 794-0681

Email: Longevity@mednet.ucla.edu
Web: www.longevity.ucla.edu

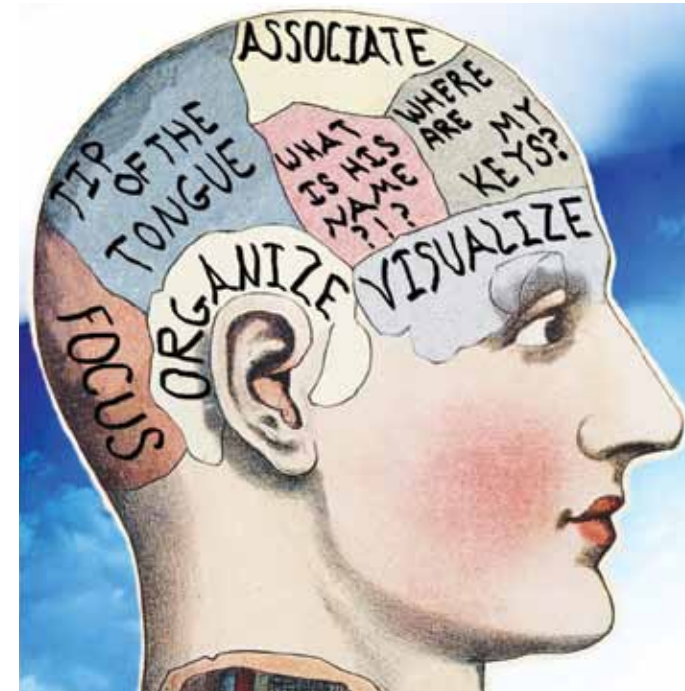
Other Programs of Interest:

Senior Scholars

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

BRAIN BOOT CAMP

An intensive, three-hour course that provides hands-on instruction from UCLA neuropsychologists.
Email: BCamp@mednet.ucla.edu
Phone: (310) 267-1AGE(1243)
Cost: \$300



Did You Know?

✓Memory decline begins to develop in most people by age 45.

✓85% of older adults complain of difficulty remembering names.

✓Recent research indicates that the UCLA Memory Training course leads to significant improvement in memory performance.

✓Cognitive benefits from memory training have been found to last for years.



Course Information

✓Classes meet two hours each week for four weeks.

✓Certified, volunteer trainers teach the curriculum to small groups of participants.

✓The course combines trainer presentations with group discussions, memory checks, and skill-building exercises.

✓The interactive classroom environment promotes a fun, educational atmosphere.

✓Booster sessions are available to reinforce memory skills gained during the course.

Cost:
\$50

How To Arrange A Session

Who Should Attend?

Memory Training is designed for people with mild memory concerns who wish to improve their memory ability. *The course is not intended for people with Alzheimer's disease or other forms of dementia.*

Individuals can participate in classes held on the UCLA Westwood campus or the Santa Monica-UCLA hospital location.

In addition, classes are also offered through local, Southern California organizations, such as senior centers, churches, temples, and museums.

For more information contact:

UCLA Longevity Center

at

(310) 794-0680

or

longevity@mednet.ucla.edu