



UCLA Memory Training Program

Brought to you by:
ONEgeneration Senior Enrichment Center

This workshop is designed for people who wish to improve or maintain their memory ability. Over the course of 4 sessions you will learn practical techniques for enhancing memory performance.

The four-week workshop focuses on the four top memory complaints:

- ✓ Learn what memory is and how it works
- ✓ Learn techniques and strategies to improve memory
- ✓ Learn to improve memory habits
- ✓ Discover learning styles
- ✓ Monitor memory with Memory Checks and Memory Awareness Questionnaires
- ✓ Practice applying memory techniques to real life situations

***This workshop is not intended for anyone with a diagnosis of dementia or Alzheimer's disease*

SIGN UP NOW!

CONTACT: (818)705-2345

DATES: Thursday's

April 20, 2017 – May 11, 2017

TIME: 10:00am – 11:30am

**LOCATION: ONEgeneration
Senior Enrichment Center
Community Room**

**18255 Victory Blvd
Reseda, CA 91335**

