



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: Wednesday's starting
November 28th-
December 19th**

TIME: 3:30pm-5:00pm

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

**18255 Victory Blvd
Reseda, CA 91335**



To RSVP: Call Jenna Hauss @ (818) 708-6618