



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!

**DATES: Thursday's starting
June 27th- July 25th**

TIME: 2:00pm-4:00pm

**LOCATION: ONEgeneration
Senior Enrichment Center
Activity Room
18255 Victory Blvd
Reseda, CA 91335**

***To RSVP, call: 818-705-2345
Space is limited!!***



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