



# 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 27<sup>th</sup>- July 25<sup>th</sup>**

**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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