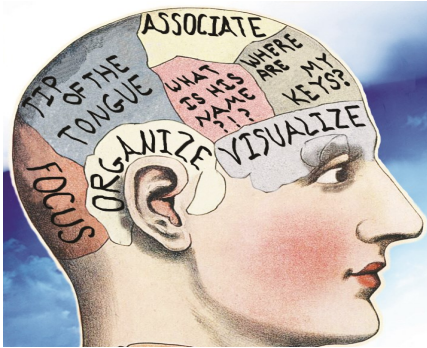


Memory Training

Innovative, 4-week
educational program
for improving memory



Wednesday
October
3, 10, 17, 24
1pm—3pm

- ◆ Written and designed by Gary Small, M.D., and Linda Ercoli, Ph.D. for people with mild memory concerns
- ◆ Taught by certified trainers who demonstrate strategies and techniques in an interactive classroom setting
- ◆ 9 out of 10 participants report improvements in their memory

Offered free of cost at :

MidValley Branch Library
16244 Nordhoff Street
North Hills, CA 91343
Phone: 818-895-3650

Program Benefits

Remember names and faces

Recall appointments, messages
and plans

Practice everyday memory
techniques

Avoid misplacing objects

Overcome “tip of the tongue”
memory slips

UCLA

Longevity Center

For more information about the program please contact:

Alicia Reyes (818) 650-2700

Please register at the information desk. Seating is limited 10, 5 wait list