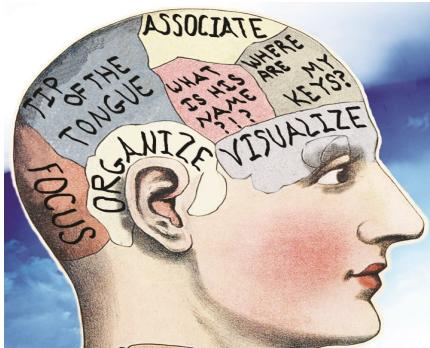


# Memory Training

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**