



UCLA Memory Training

Classes for Adults
Age 50 and Over

*Attend at least
three of the sessions
and receive a
\$10 Trader Joe's
Gift Card!*

**Tuesdays, February 2 - 23
9:00 - 10:30 am**

**The Coffee Connection
3838 S. Centinela Ave., Los Angeles
Free Parking**

**Do you wish you could more effectively
learn and recall names, faces and information?**

Developed by faculty at UCLA, this memory class provides practical strategies and exercises to help you:

- ✓ Understand your own learning style
- ✓ Develop new strategies and methods to retain and recall information
- ✓ Improve your ability to put names with faces, recall lists without writing everything down

~ and more!

Trivia and “brain games” only exercise your short-term memory. This class will teach strategies and exercises to improve your long-term memory and ability to recall information.

For more information, call Omar at 310-231-9228

This class is offered through a grant from the LA Department of Aging and is sponsored by:



A family
of services.
A family
that serves.

