



UCLA Memory Training

Classes for Adults
Age 50 and Over

**Thursdays, Sept 17 - Oct 8
6:00 - 7:30 pm**



4061 Grand View Blvd, 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 or to pre-register, call Omar at 310-231-9228 or email
oaguirre@jfsla.org**

This class is offered through a grant from the LA Department of Aging and is
co-hosted by the MVCC Aging in Place Committee



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