



# UCLA Memory Training

Classes for Adults  
Age 50 and Over

**Wednesdays, April 8 - April 29  
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, call Omar at 310-231-9228**

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



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A family  
that serves.

