MEMORY CARE is for people with memory issues that affect their everyday life, and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body, while providing support for caregivers. This innovative approach to memory loss assists middle-aged people with memory challenges and their loved ones who care for them.

First Hour: Memory Training
Teaches easy-to-learn practical techniques for enhancing memory performance.

Second Hour: Mind-Body Connection
Participants learn and practice alternative methods like yoga, tai chi, art and music therapy to help stimulate the mind and body. Mindfulness exercises lower stress levels, enhance creativity, and help participants learn new strategies for living better longer.

Third Hour: Social/Support Group
Loved ones, family members, and caregivers participate in a caregiver support group while participants practice their social skills during group discussions of past activities and experiences.

For more information about the program and monthly fees please contact:
UCLA Longevity Center at 310-794-0680
Living Better Longer