A pioneer in the field of Alzheimer’s disease and memory, Dr. Gary Small and his team of experts have developed a program to optimize brain health in the journey through aging. The program is tailored to each client’s needs and lifestyle, empowering and educating them to optimize their brain health as they age. This comprehensive program addresses medical as well as lifestyle factors (e.g., diet, exercise, stress) that impact brain health. The Memory Lifestyle Program is designed to benefit a range of clients, from those who are looking for ways to reduce their risk for developing memory problems to those who have more serious concerns about their memory.

Program Overview

Step 1  Lifestyle assessment with UCLA neuropsychologist

Step 2  Brain Health Plan with Dr. Gary Small

Step 3  Memory Training course

Step 4  Wellness check-ins

Step 5  Follow-up visit with Dr. Gary Small

Other Services
If indicated, we will arrange other services, typically covered by insurance. This may include: medication management with Dr. Jason Jalil; neuropsychological testing; neuroimaging; or other laboratory screening tests.

For more information please call our client liason: 310-206-1675

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