Memory Training

Innovative, 4-week educational program for improving memory

Program Benefits:

- Remember names and faces
- Recall appointments, messages and plans
- Practice everyday memory techniques
- Avoid misplacing objects
- Overcome “tip of the tongue” memory slips

Written and designed by Gary Small, M.D., and Linda Ercoli, Ph.D. for people with mild memory concerns

Taught by certified trainers who demonstrate strategies and techniques in an interactive classroom setting

9 out of 10 participants report improvements in their memory

2020 COURSES:

Wednesdays, January 22- February 12
Tuesdays, April 14-May 5
Wednesdays, July 15-August 5
Tuesdays October 13-November 3

All sessions are held at UCLA in Westwood Village from 10am-12pm

For more information about the program please contact:
Sherrie Goldfarb at 310-794-0680 or SGoldfarb@mednet.ucla.edu
Living Better Longer