

Memory Training Program

- Learn techniques to compensate for everyday challenges:
 - Recall a word that's on the tip of your tongue
 - Remembering to do something in the future
 - Remembering what you did in the past
 - Remember faces and names
- Learn about how memory works
- The class is interactive, taught to small groups online.
- Time commitment: Four 2-hour sessions.
- Taught by a licensed psychologist or certified volunteer.





Eligible Participants and Goals

- Adults over 55 years with mild, age-related cognitive challenges
- The class is not recommended for people with dementia, Alzheimer's disease or diagnosed Mild Cognitive Impairment.
- The class is educational, and the purpose is to expand your cognitive skills—it is not a rehabilitation course or therapy for people with brain disorders.
- Each individual person in a household who takes the class must pay for the course (e.g. no two-for one pricing for couples),
- There are no make-ups.

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