

# UCLA MEMORY TRAINING



**HEALTH** *for Today*  
**EVIDENCE-BASED CLASSES**

## 4 Week Series

The techniques in this course, based on research at UCLA, include strategies such as organization, association and imagery to make information easier to recall. Many research studies, including those conducted by Gary Small, MD, and his colleagues at UCLA have shown these strategies are effective in improving memory in older adults with normal, age-related challenges.

April 30th - May 21st  
Mondays  
1:30-3:30pm

Camarillo Health Care District  
3639 E Las Posas Rd.,  
Bldg. E, Suite 117  
Camarillo, CA 93010

\$40 Camarillo/Somis residents  
\$44 non-residents

Register (805) 388-1952 x100



**Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition**

UCLA Memory Training Program ©2011, The Regents of the University of California. All rights reserved.

This program may only be used or reproduced by organization licensed by The Regents of the University of California.



**CAMARILLO HEALTH CARE DISTRICT**  
3639 E LAS POSAS RD. | CAMARILLO, CA | 93010 | CAMHEALTH.COM