



# MEMORY TRAINING PROGRAM

Brought to you by  
**Partners in Care Foundation and  
Kennedy-San Fernando Community Adult School**

This workshop is designed for people with mild memory concerns. You will learn practical techniques for enhancing memory performance.

**The four-week workshop focuses on the four top memory complaints:**

- Forgetting names and faces
- Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room
- Forgetting where you put things like keys, glasses or a wallet
- Knowing something you can't immediately recall a "tip of the tongue" memory challenge.

*\*\*This workshop is not intended for anyone with a diagnosis of dementia or Alzheimer's disease*

**SIGN UP NOW!**

(818)366-9171

**Class meets Thursdays for 4 weeks**

**DATES:**

- January 12, 19, 26 & February 2  
*And again:*
- February 9, 16, 23 & March 1  
*And again:*
- March 8, 15, 22, 29

**TIME:** 3:00pm -5:00pm

**TEACHER:** Steve Steinberg

**LOCATION:** RINADLI ADULT CENTER  
17450 Rinaldi St.  
Granada Hills, CA 91344



The UCLA Longevity Center's Memory Training Program is offered through the Health Innovation Programs department of Partners in Care Foundation. Partners in Care is the state project office for the California Departments of Aging and Public Health, providing ongoing technical support to sites and leaders offering evidence-based programs.

**UCLA** Longevity Center