Brain Boot Camp

- An interactive, research-based training program that provides lifestyle tools to optimize brain vitality and health
- Designed for individuals with mild memory concerns or those who have been diagnosed with mild cognitive impairment
- Taught in small groups or tailored for one-on-one instruction

A focused course that teaches brain health strategies to improve memory

Program Benefits

- Improve learning through visualization
- Learn story method to recall everyday items
- Strengthen recall of faces and names
- Better attention
- Memory improvement in just 3 hours

For more information about the program please contact:
UCLA Longevity Center at 310-794-6314
Living Better Longer