



# MEMORY KAI

A free course for lifestyle management and healthy living!



Developed by the UCLA Longevity Center and based on research by Dr. Gary Small, Memory Kai is an innovative education program that teaches adults, primarily 50 and older, practical techniques for enhancing memory. It is not for people with Alzheimer's disease or other forms of dementia.

## YOU WILL LEARN HOW TO:

- Improve your memory
- Remember names and faces
- Recall numbers
- Discover factors that affect memory

**WHEN:** Four Thursdays, 5/4/17 - 5/25/17  
10:00 a.m. - 12:00 noon

**FREE COURSE**

**WHERE:** East San Gabriel Valley Japanese Community Center  
1203 W. Puente Ave., West Covina, CA 91790

**CONTACT:** For more information or to RSVP, please contact Kanako Fukuyama at 213.873.5709 or [registration@keiro.org](mailto:registration@keiro.org)

**No Fee. RSVP Required.**

*All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from our Community Partners, donors, and volunteers.*

HOSTED BY:



EAST SAN GABRIEL VALLEY  
JAPANESE COMMUNITY CENTER **ESGVJCC**

**Keiro**

KEIRO® is expanding our reach to broadly engage and support Japanese American and Japanese older adults throughout Los Angeles, Orange, and Ventura counties. KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO's former facilities.