

Mental Fitness

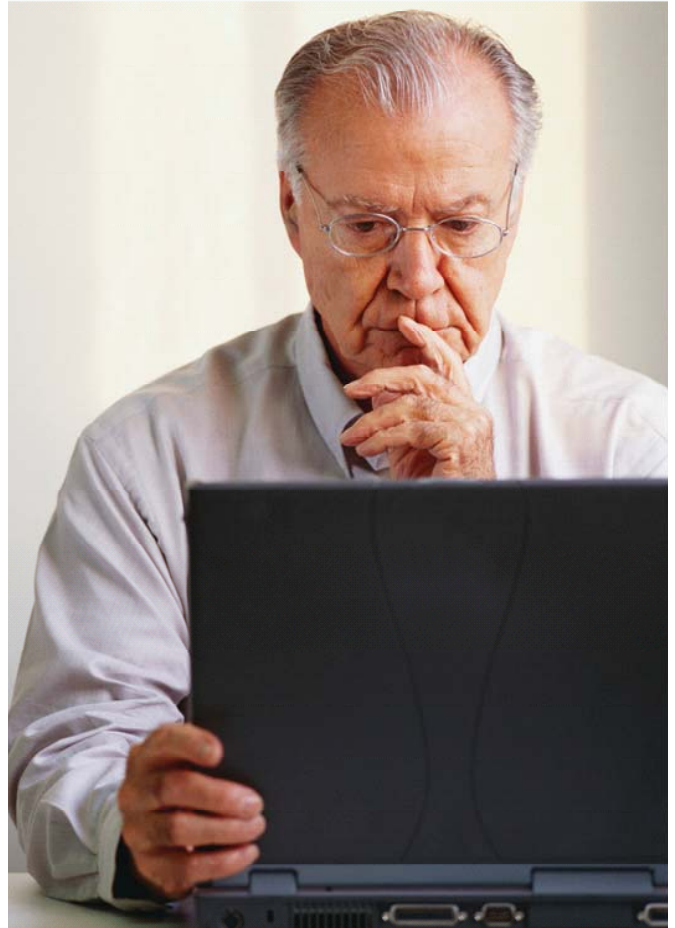
& Memory Enhancement using “Posit Science Brain Fitness Program”

This is an easy-to-use computer-based training program that strengthens and sharpens your brain. The training program has been proven to result in:

- A 10-year improvement in memory
- A 131 % increase in brain speed
- Improvements in the daily lives of 75% of study participants.

Instruction includes: theories on how memory works, reasons for forgetfulness and the effects of aging and stress. **All ages are welcome, especially seniors.**

Reg. Fee: \$20.00, Class Fee: \$15.00. Student Body Card: \$2.00. Seniors over 60 pay \$17.00 Total.



**** NO PRIOR COMPUTER SKILLS ARE REQUIRED ****

Starts September 13, 2010

Monday, Wednesday & Friday, 1:00 - 3:00 pm

Park La Brea

Enter Park La Brea on Hauser between 3rd and 4th Streets. Stop at the Security Gate and ask for Parking permit for Tower 36. 350 S. Fuller Ave., L.A. 90036

**Questions? Call (323) 370-1040 or
E-mail: PLBbrain@gmail.com**

Westside Community Adult School

Division of Adult and Career Education • Los Angeles Unified School District

