

Mental Fitness

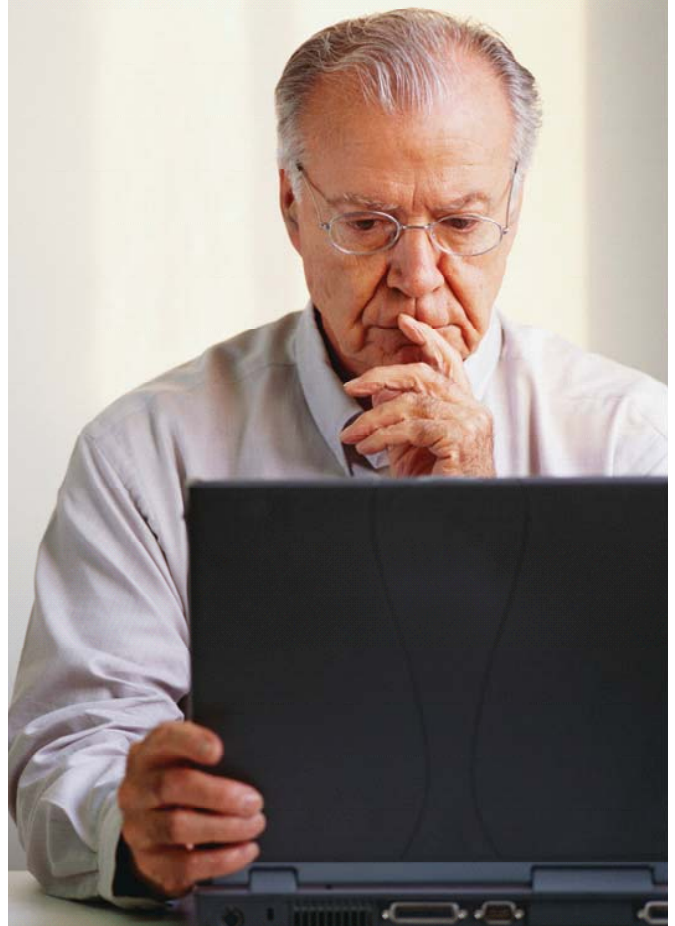
& Memory Enhancement using “Posit Science Brain Fitness Program”

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, 1:00 - 3:00 pm

Plummer Park

*West Hollywood Community Center, Computer Lab, 7377 Santa Monica Blvd.,
West Hollywood (at Martel Street) 3-hour free parking.*

Questions? Call (323) 370-1040 or (323) 876-1717

Westside Community Adult School

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

