CogniFitness
Keeping the Mind Moving

Do you find it difficult to focus on a task without getting distracted?
Do you have difficulty finding words or finishing your sentences?
Do you often have a hard time keeping track of activities & appointments?
If you have multiple sclerosis, and answered yes to any of these questions,
then this 4-week program is for you...

**Realize your optimal thinking skills utilizing techniques that have everyday applications.**

**Learn to:**
- Facilitate focus and concentration
- Improve memory using new strategies
- Improve organization, problem solving & critical thinking skills

Next Class- February, 2022
(Will be offered Virtually- Four Saturdays in February 10 am - 12pm)
Call Lisa Guerette, Executive Director,
Marilyn Hilton MS Achievement Center at UCLA for more information or to register.