

# 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.



National Multiple Sclerosis Society  
Southern California & Nevada Chapter

MS The Marilyn Hilton  
ACHIEVEMENT  
CENTER at UCLA