



COGNIFITNESS

Keeping the mind moving



If you have multiple sclerosis, are noticing mild cognitive problems, and answer **YES** to any of the following questions, then this 4-week program may be for you.

- 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 or appointments?

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

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

Program Cost:

We are committed to making 'Cognifitness' accessible to as many individuals with MS as possible. To cover operational expenses and ensure the highest level of service, there is a nominal program fee of \$20 for the entire 4-week duration. We believe this investment in your well-being will yield invaluable benefits in the long run.

Classes offered

March, July and October

Virtual

To learn more about this program and determine if it is right for you contact:

Kara Deliman

Marilyn Hilton, MS Achievement Center at UCLA

call: (310) 341-5459 or (310) 267-4071

email: KDeliman@mednet.ucla.edu