



VETERANS UPWARD BOUND (VUB)

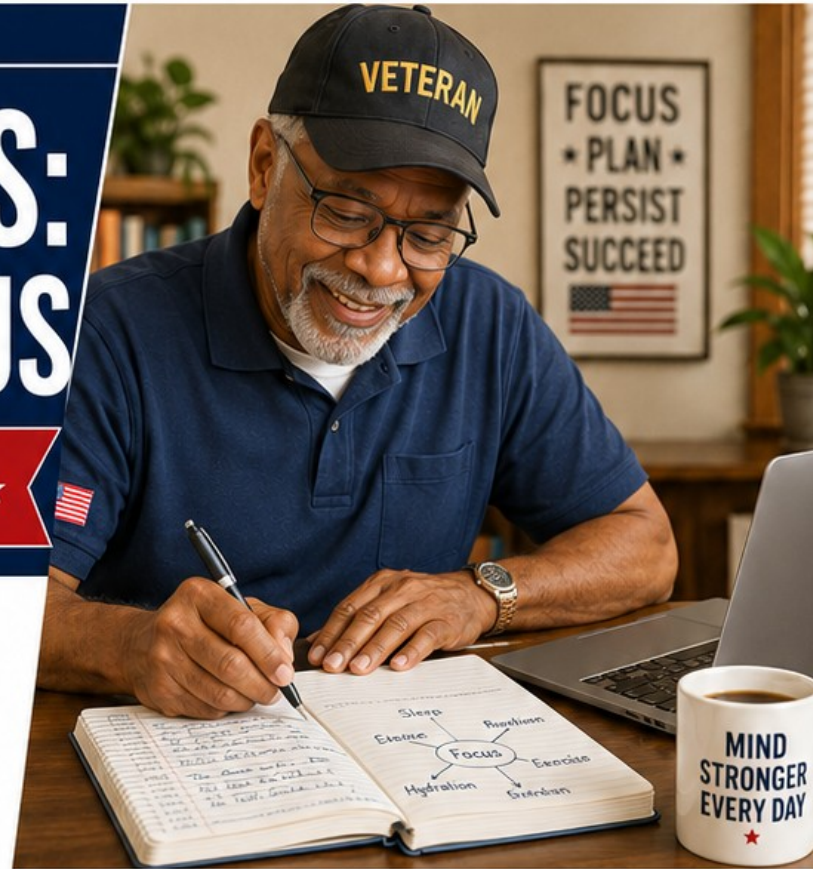
CENTRAL CAROLINA TECHNICAL COLLEGE

★ FREE TO VUB PARTICIPANTS ★

BRAIN FITNESS: MEMORY & FOCUS

★ **STRENGTHEN ATTENTION, RECALL,
AND EVERYDAY MENTAL SHARPNESS.** ★

This practical, beginner-friendly class explores ways to support memory, focus, and lifelong learning. Students will learn how attention, routines, sleep, stress, movement, and organization can affect cognitive performance, then practice simple techniques they can use in daily life.



DATE:

October 5 –
October 26, 2026



DAY:

Mondays



TIME:

4:30 PM –
6:00 PM



COST:

FREE to
VUB Participants



LOCATION:

Central Carolina
Technical College
506 N. Guignard Drive
Sumter, SC



IN THIS CLASS, YOU WILL LEARN:

- Understand the relationship between attention, memory, and recall
- Use practical memory aids such as association, repetition, chunking, and visual cues
- Create routines and organizational systems that reduce forgetfulness
- Practice simple exercises that challenge focus, processing, and problem-solving
- Recognize lifestyle habits that can support brain health and learning
- Use calendars, reminders, notes, and other tools to support everyday memory



WHO SHOULD ATTEND?

Veterans who want practical strategies to strengthen attention, recall, organization, and everyday mental sharpness.

No prior experience required.



READY TO SIGN UP?

Contact Natasha Covington | (803) 774-3392 ext. 3392

Veterans Upward Bound (VUB)
Central Carolina Technical College

SCAN TO APPLY!



Take the next step.
We are here to help!