

Week 7

Dear Brain Fitness Students,

Welcome to this week's Brain Fitness class! Our focus will be on **Brain Speed**—how quickly the brain processes information and why it matters for everyday life.

Here are some interesting facts about the brain related to speed and function:

1. Brain speed can be trained and improved at any age through practice and targeted exercises.
2. Recent research shows that faster brain processing is linked not only to better memory but also to improved decision-making and resilience.

🌟 Weekly Classes

As a reminder, our Brain Fitness sessions are held every week on **Tuesdays and Thursdays from 10:00–12:00**. You're welcome to join one or both sessions—it's completely up to you.

Quick link to Brain Speed lesson, [click here](#)

Brain HQ link [Click here](#)

Zoom link [click here](#)

We also want to warmly invite you to our **October Webinar Series**, which includes sessions on Alzheimer's and other important topics. There are some big plans ahead, and we'd love for you to be part of them.

We're excited to invite you to the **first of four Brain Fitness webinars** this semester!



Webinar 1: Brain Myths & Alzheimer's: Fact vs. Fiction



Wednesday, October 8



1:00–2:30 PM



[RSVP here] (<https://forms.gle/toakAk4eapazADtg6>)

– Once you register, we'll send you the Zoom link.



To see the **Flyer** [click here](#).

We're looking forward to seeing you in class and at the upcoming webinar!

Have a nice and weekend,

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