Dear Brain Fitness Basics Students,

I would like to warmly welcome you to this class, where you will learn about the wonders of the brain—how it works, how to take care of it, how to help it function at its best in the present, and how to postpone cognitive decline in the future. I am very excited to welcome you to the **Spring 2026 semester**.
Classes officially begin on **Thursday, January 22**, and that first session will serve as an **orientation class**. Although we typically meet on **Tuesdays and Thursdays from 10:00 a.m. to 12:00 p.m.**, because the semester officially starts on a Thursday, **all students are invited to attend the Thursday class**.
Below you will find the Zoom link for that session.
Just click here for the Zoom link
Starting the following week, we will hold **two classes each week**:

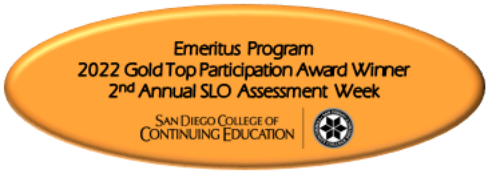
- **Tuesdays, 10:00 a.m. – 12:00 p.m.**
- **Thursdays, 10:00 a.m. – 12:00 p.m.**

You are welcome to attend **either class or both each week**, regardless of which section you registered for. I strongly recommend attending the **zoom meetings**, as we will cover important information about how the course works and introduce **BrainHQ**, the brain training program included in this class.
You will receive a BrainHQ license, and we will spend time explaining how to use the platform, answering questions, and showing you how it supports brain health. BrainHQ is a scientifically validated program shown to support cognitive functions and help postpone cognitive decline, so attending these early sessions will be very helpful.
In addition to live Zoom classes, each week you will also have access to:

- A **recorded lesson**
- **Class materials** posted on our lesson website

This allows you to participate online if you are unable to attend a live session although a live version is highly recommended.
For now, I simply want to welcome you to the program. I hope to see many of you on **Thursday, January 22 at 10:00 a.m.** If you are unable to attend that day, I look forward to seeing you on **Tuesday, January 27 at 10:00 a.m.**
Take good care of yourselves, and welcome to Brain Fitness Basics.

Yael Lorberfeld
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Faculty
San Diego Community College


Emeritus Program
2022 Gold Top Participation Award Winner
2nd Annual SLO Assessment Week
San Diego College of
Continuing Education