

Brain Fitness Lab Week 10

Dear Brain Fitness Labs Students,

I hope you had a relaxing and enjoyable spring break and are feeling refreshed as we begin the second part of our journey together this semester.

This week's class will focus on **brain-healthy activities around San Diego**, and we are excited to have **Professor Erika Peralta** as our instructor. I'm sure you'll enjoy learning with her!

You'll find **quick links for Zoom** and our **class website** included below to make joining the session easy.

[Our zoom link click here](#)

[A quick link to our weekly class](#)

Also, don't forget to check out the **two attached invitations**—you're invited to participate in two great activities that are part of our program. We'd love to see you there!

Take good care of yourselves, and I look forward to seeing you in class.

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