

Brain Fitness Lab Week 13

Announcement:

This week, we are continuing to conduct a short, anonymous survey to gather your feedback on the course experience. Your input is incredibly valuable and will help us improve the program and better support your learning.

The survey takes only **5 minutes** to complete. If there are specific topics you'd like to explore more in the future, please let us know through your responses.

Here is the link

<https://docs.google.com/forms/d/e/1FAIpQLScIv9rV8mOQ-44HJ3K1ZowBiqithCo8VK2p33Ckl-Q9DhVrng/viewform?usp=sharing>

Welcome to Week 13 of our basic semester!

This week, we will be focusing on a very important topic: **socializing and its impact on brain health.**

Class time

- Monday: 1:30 to 3:30 (via Zoom)

Here is the quick link for the **Zoom**: [Click here.](#)

Don't forget to visit the website bfclass.com to learn more about this week's topic.

Click in the following link for the weekly lesson:

<https://sites.google.com/sdceonline.com/active-bhq-lab/active-bhq-lab-2025/week-12-the-social-brain>

Take good care of yourselves and I hope to see you all in class.

Yael Lorberfeld
Ma. Clinical Psychology
Faculty
San Diego Community College



