

Dear Brain Fitness Cognitive Wellness Students,

Welcome to **Week 10** of our 17-week semester!

This week, we'll explore "**The Music of Your Life**" and its powerful connection to brain health.

Join us for another enriching session where we'll discover how music can awaken memories, elevate mood, and even enhance cognitive function. 🎵

 **Class Time:** Monday, November 10, 10:00 AM - 12:00 PM

 **Zoom Link:** [Click here](#)

 **[Access our Lesson on Music for Brain Health](#)**

Here are three fascinating facts to inspire you before class:

1. **Music activates nearly every region of the brain**, including those responsible for emotions, memory, movement, and even language.
2. **Listening to music you love** can release dopamine—the "feel-good" neurotransmitter—boosting mood and motivation.
3. **Musical memory is often preserved in people with dementia**, which is why familiar songs can help bring back moments and spark emotional connection.

Take care and see you in class!

Yael & Desirée

Quick Links

- Brain Fitness Course website: bfclass.com
- BrainHQ site: <https://v4.brainhq.com/>
- Student site with schedule and more: sdcestudent55.com
- Site to enroll in classes: myportal.sdccd.edu
- Official SDCCE site: sdcce.edu
- [Click here](#) for the class zoom link

Yael Lorberfeld

Ma. Clinical Psychology

Faculty

San Diego Community College

Dr. Desirée Harguess, PT, DPT, MS

Doctor of Physical Therapy

Adjunct Faculty, Emeritus Program

San Diego College of Continuing Education