Hello Brain Fitness Students! 🧠💙
This is a friendly reminder that **Spring 2027 registration opens Monday, November 16!** 🎉
We warmly invite all new and returning students to enroll in our Brain Fitness classes for another exciting semester of learning, cognitive wellness, and community!
Our program offers **three categories of classes**, so there is something for everyone!

🌱 **1. Brain Fitness Basics**

Perfect for first-time students or returning students who would like to continue strengthening their foundational knowledge of brain health. You are always welcome to repeat Basics!
Spring 2027 Schedule:

- **Tuesday:** 10:00 AM–12:30 PM | CRN 55214
  Instructors: Yael Lorberfeld & Mindy Jo Sloan
- **Thursday:** 10:00 AM–12:30 PM | CRN 55940
  Instructors: Yael Lorberfeld & Erika Buzby

🧠 **2. Brain Fitness Topics**

Our next level explores different areas of neuroscience, cognitive health, and healthy aging. Each week introduces a new and engaging topic!
Spring 2027 Schedule:

- **Monday:** 2:30–5:00 PM | CRN 55048
  Instructors: Erika Buzby
- **Tuesday:** 11:00 AM–1:30 PM | CRN 55054
  Instructors: Minoo Pakgohar
- **Wednesday:** 6:30–9:00 PM | CRN 54923
  Instructors: Charisse Winston
- **Thursday:** 10:00 AM–12:30 PM | CRN 54921
  Instructor: Charisse Winston
- **Thursday:** 1:00–3:30 PM | CRN 55182
  Instructor: Sharon Gregory

✨ **3. Brain Fitness Specialty Classes**

Our specialty classes provide opportunities to explore specific areas of brain health through interactive activities, discussions, and specialized instruction.
Spring 2027 Schedule:

Cognitive Wellness Through Hands-On Exercises and Living Stories

- Monday | 10:00 AM–12:30 PM
- CRN 55213
- Instructors: Yael Lorberfeld & Desiree Harguess

Diverse Approaches to Brain Health

- Monday | 3:00–5:30 PM
- CRN 55060
- Instructor: Mindy Jo Sloan

Brain Toolkit: Everyday Reasoning, Judgment, and Problem-Solving

- Tuesday | 4:00–6:30 PM
- CRN 55052
- Instructor: Minoo Pakgohar

Diverse Approaches to Brain Health

- Tuesday | 6:00–8:30 PM
- CRN 55059
- Instructors: Mindy Jo Sloan & Nicole Lyke

Brain Toolkit: Everyday Decision-Making and Goal Setting

- Wednesday | 12:00–2:30 PM
- CRN 55053
- Instructors: Minoo Pakgohar & Charisse Winston

BrainHQ: Cognitive Training and Navigation

- Thursday | 6:00–8:30 PM
- CRN 55183
- Instructor: Sharon Gregory

📌 **Important Registration Reminders**
✅ **Brain Fitness Basics:** Once enrolled in one Basics section, you are welcome to attend any Basics class.
✅ **Brain Fitness Topics:** Once enrolled in one Topics section, you are welcome to attend any Topics class.
✅ **Brain Fitness Specialty Classes:** You must register separately for each specialty class you wish to attend.
💙 **Remember:** You are always welcome to continue taking Brain Fitness Basics, even if you have completed it before. Learning is a lifelong journey!
📅 **Registration Opens: Monday, November 16, 2026**
📅 **Spring Semester Begins: Tuesday, January 19, 2027**
We encourage you to register early and invite your friends and family to join our Brain Fitness community!
We look forward to welcoming you back for another wonderful semester of learning, connection, and brain fitness!
Warm regards,
The Brain Fitness Team 🧠💙

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