



Dear Brain Fitness Basics Students,

Welcome back from spring break. I hope you had a restful and enjoyable time.

This week, we begin a new phase of the semester focused on life habits that support brain health and help postpone cognitive decline. Our topic for this week is **nutrition and the brain**, an area with strong scientific evidence showing how what we eat directly impacts how our brain functions over time.

Here are an interesting and important insight:

- The brain uses about **20% of the body's total energy**, even though it represents only about 2% of body weight. This means that the quality of the fuel we provide through nutrition has a direct impact on attention, memory, and overall cognitive performance.

As every week, you are welcome to attend the class in either of our **Zoom sessions**:

Tuesday from 10:00 a.m. to 12:00 p.m.

or

Thursday from 10:00 a.m. to 12:00 p.m.

To attend class, please use the Zoom link below:

Zoom: [Please click here.](#)

Our Website: [Please click here.](#)

Lesson of the Week: [Please click here.](#)

BrainHQ: [Please click here.](#)

As always, we will continue connecting these concepts to practical strategies that you can apply in your daily life.

Looking forward to a great week together.

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