



Dear Brain Fitness Basics Students,
I hope you are enjoying the Presidents' Day holiday.
This wee **we will** hold our regular Zoom sessions:

- **Tuesday, 10:00 a.m. – 12:00 p.m.**
- **Thursday, 10:00 a.m. – 12:00 p.m.**

Our topic is a fundamental pillar of brain health and cognitive performance: **attention**.
Here are two important facts about attention and brain health:

1. **Attention is trainable.**
Neuroplasticity research shows that targeted attention exercises strengthen neural networks, improving concentration, working memory, and cognitive control over time.
2. **Attention supports memory formation.**
The brain cannot effectively encode information without focused attention.

To attend class, please use the Zoom link below:

Zoom: [Please click here.](#)

Quick links:

- **Our Website:** [Please click here.](#)
- **Lesson of the Week:** [Please click here.](#)
- **BrainHQ:** [Please click here.](#)

I look forward to seeing you in class.



Take care,

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