Please join us this week as we explore music 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. 🎶

📅 **Week 10 Class: Monday, October 26** ⏰ **10:00 AM – 12:00 PM**

📍 **Meets via Zoom:** Click here to join our weekly Zoom Meeting

💻 Click here for Week 10 Lesson: 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.

We look forward to seeing you all in class Monday!

Yael & Desirée

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Quick Links

- **Click here for the class Zoom link**
- **Brain Fitness Course website:** bfclass.com
- **Cognitive Wellness Canvas Portal:** https://sdccd.instructure.com/courses/2508445/pages/10-dot-0-music-for-brain-health
- **Student site with schedule and more:** sdcestudent55.com
- **Site to enroll in classes:** myportal.sdccd.edu
- **Official SDCCE site:** sdcce.edu