

Dear Cognitive Wellness Students,

We hope you had a wonderful week and that you enjoyed last week's lesson on resilience—staying motivated and learning how to deal with frustration.

As you know, an important part of our class involves reflecting in writing on your own experiences. Please be sure to bring a notebook to class so you can record your thoughts and insights.

This coming week, we will set the stage for helping our brain work more effectively by focusing on **attention**. Strengthening attention is one of the best ways to postpone cognitive decline, and it serves as a foundation for strong memory. Together, we will explore practical exercises designed to improve attention from the very first day.



**Class Time:** Monday, 10:00 a.m. – 12:00 p.m.



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



**This Week's Lesson:** *Exercising My Attention* [Click here for this week's lesson](#)

We look forward to seeing you in class and continuing this exciting journey together. Wishing you a great rest of your weekend!

Warm regards,

**Professors Desiree Harguess & Yael Lorberfeld**

Faculty

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