

Are Memory Problems Causing You Concern?

Join a FREE online class of older adults 55+* with similar experiences

***18+ are also welcome**

This class featured on CNN with Dr. Sanjay Gupta in 2017



Enjoy stimulating discussions and learn ways to improve your memory and brain health

- Receive weekly emails with links to interesting online lessons about your brain health
- Get free access to Posit Science's BrainHQ brain training exercises that you can do in the comfort of your own home and at your own pace
- Join weekly online Zoom sessions for instructor-guided experiences that will start you on the path to a better memory and better brain health
- Engage in enriching group discussions with like-minded peers on brain health topics
- Make new friends and establish new connections
- Excellent program for healthy older adults as well as those with mild dementia, Parkinson's disease, stroke, and other brain injuries

REGISTER for Spring 2022 BRAIN FITNESS

Registration opens Monday, November 8th at 10:00 a.m.

Visit www.sdcestudent55.com for registration info.

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COLLEGE OF
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EDUCATION



Contact one of the Brain Fitness instructors listed below with questions.

Debbie Flores dsflores@sdccd.edu
Mindy Sloan msloan@sdccd.edu
Bridget Wright bwright001@sdccd.edu

Pey-Lih Littler plittler@sdccd.edu
Mary Burns mburns@sdccd.edu

Please Note: Brand new students must apply for and receive a Student ID# and create a Student Portal account in order to register for classes. Returning students may register through their Student Portal account for classes. No access codes are required.