



## Train Your Brain Attention, Focus, Memory (English - Morning)

**Dr. Billi Bittan**

[Available - Add course to online Registration](#)

**course number:** #10SD3YTB

## Train Your Brain Attention, Focus, Memory (Hebrew) Dr. Billi Bittan

[Available - Add course to online Registration](#)

**course number:** #10SD4YBB

*Dr. Bittan holds a PhD in Education and MA in Psychotherapy. She specializes in focus, attention and memory disorders, ADHD, Asperger's and learning challenges. Dr. Billi is a Board member CHADD SFV Chapter, facilitating the support group and Leading P2P classes – Parents training on ADHD and training teachers on ADHD, cognitive challenges and learning disabilities.*



Do you get easily distracted, lose your train of thought, or just forget what you wanted to do? This course will teach you new innovative ways to train your brain to better store and retrieve information; enhance all aspects of memory; and improve focus, alertness and reaction time.

Remember: Our brain resembles a muscle. If you don't train it regularly, it loses its tone. Just like other muscles it requires regular exercise. This is a special programs designed for better aging and for achieving your peak mental performance.

- Regain some of your cognitive thinking and memory
- Improve your neural pathways and Beta brainwave activity
- Respond to what is going on around you effectively
- Release some of your anxiety
- Relearn some of the skills you may have forgotten
- Re-energize their life.

**1.8 CEU**

<b><u>ENGLISH</u></b>	<b>Dates:</b>	Wed • Apr 14-Jun 2 (no class May 12 & 19)
<b><u>HEBREW</u></b>	<b>Dates:</b>	Thur • Apr 15-Jun 3 (no class May 13 & 20)
	<b>Number of Meetings:</b>	6 sessions
	<b>Meeting Duration:</b>	10am-Noon
	<b>Registration Fees:</b>	\$15

For more information contact: Dr. Billi 818-919-1971 [drbilli@AttentionB.com](mailto:drbilli@AttentionB.com)