**Brain Health and Wellness Course Videos**

Introduction Session – Neuroanatomy

1. UBC Neuroanatomy: <https://youtu.be/xB7rXw_3gVY>
2. UCB Spinal Cord: <https://youtu.be/IAwk0pshcDE>
3. Nervous System: <https://youtu.be/qPix_X-9t7E>

Session 1 – Neuroplasticity

1. Power of Believing that You Can Improve: <https://youtu.be/_X0mgOOSpLU>

Session 2 – Movement, Vision, and Language

1. How Language Shapes the Way We Think: <https://youtu.be/RKK7wGAYP6k>
2. How the Brain Constructs the Visual World: <https://youtu.be/P-7mO2FhaVE>

Session 3 – Memory and Forgetting

1. Memory and the Aging Brain: <https://youtu.be/xuz4RiIZ_Ic>
2. How Working Memory Makes Sense of the World: <https://youtu.be/UWKvpFZJwcE>

Session 4 – Attention and Executive Functioning

1. Attention, Distraction, and the War in Our Brain: <https://youtu.be/PNbR_nbfK9c>
2. How Your Brain’s Executive Function Works: <https://www.youtube.com/watch?v=qAC-5hTK-4c>

Session 5 & Retreat – Sleep and Stress; Diet and Physical Activity

1. How to Improve Your Sleep: <https://youtu.be/lRp5AC9W_F8>
2. Power Foods for the Brain: <https://youtu.be/v_ONFix_e4k>

Session 6 – Aging and the Brain

1. What is Dementia: <https://youtu.be/HobxLbPhrMc>
2. Is Dementia Genetic: <https://youtu.be/jdGGgT5hF5k>

Session 7 – Emotion and the Brain

1. Positive Effects of Positive Emotions: <https://youtu.be/PU0QOKIPU9o>
2. Understanding Role of Emotion in Aging: <https://youtu.be/Ehqzhj9f8Y8>

Session 8 – Social Bonds

1. Social Brain and Its Superpowers: <https://youtu.be/NNhk3owF7RQ>