

Course Title: N 365 Healthy Living

Course Description:

This course focuses on the understanding how human brain works and how to optimize brain fitness. The science of mindfulness with focus on a research based path to wellbeing and techniques on how to stay fit as people age are integrated with concepts of healthy living. Concepts such as meditation, attention, stress, learning, memory, sleep, and depression will be emphasized.

Course Objectives:

At the end of this course, the student will be able to:

1. Learn how the brain is organized, how it develops and how messages are transmitted through the brain's electrochemical pathways.