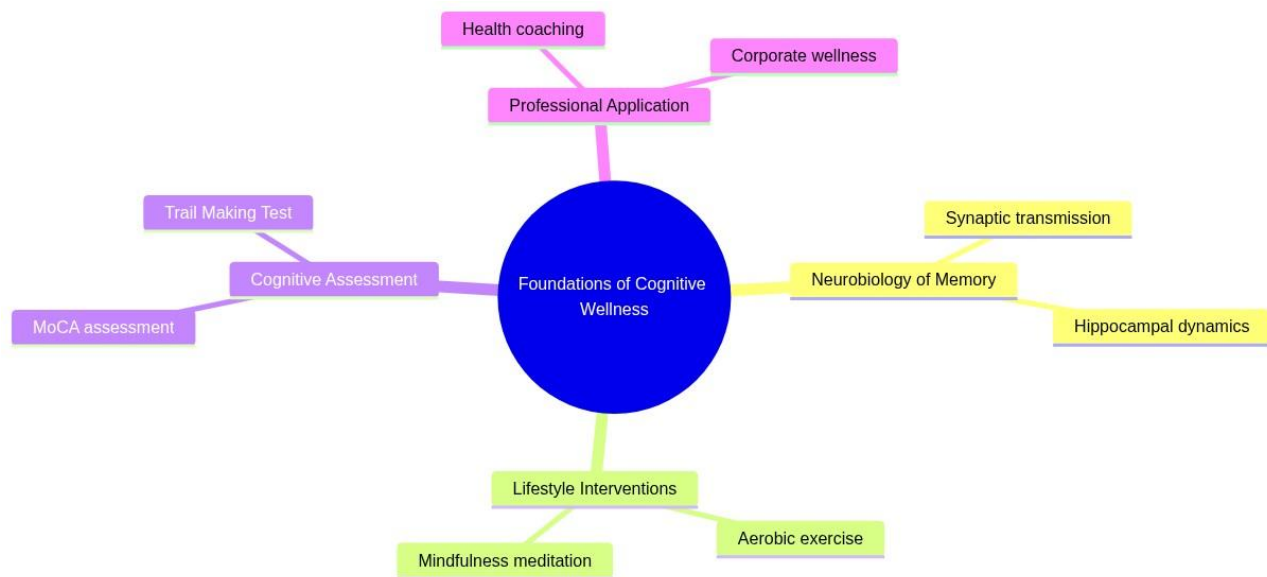


Master Certificate in Cognitive Wellness for Memory Improvement

Foundations of Cognitive Wellness



mindmap

```

root((Foundations of Cognitive Wellness))
  Neurobiology of Memory
    Synaptic transmission
    Hippocampal dynamics
  Lifestyle Interventions
    Aerobic exercise
    Mindfulness meditation
  Cognitive Assessment
    MoCA assessment
    Trail Making Test
  Professional Application
    Health coaching
    Corporate wellness
  
```