

October 2, 2020

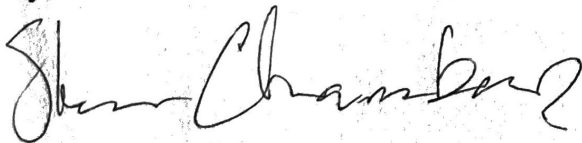
Dear Kirti Khalsa,

As a Sr. Research Scientist in the Department of Family & Community Medicine, I want to express my support and excitement regarding the Brain Longevity Therapy Training. This online training program, offered by the Alzheimer's Research and Prevention Foundation, is designed for healthcare providers, yoga therapists and teachers, and caregivers. Engaging and informative, this course meets a high standard of online learning using a well-constructed format, multiple content experts and a comprehensive framework.

The asynchronous instructional materials are provided by a combination of video, written summaries and supporting documents. Research citations are provided for each module. Videos feature a variety of subject matter experts and create an interdisciplinary conference feel. Course navigation is simple to operate, and the online platform and web design is up to current standards. The course is divided into modules for each topic. The module objectives are clear, and the quizzes at the end of each module are comprehensive of the material. Quiz questions are appropriate and well written.

I enjoyed taking this course as a public health researcher. I am confident that the training will be of great value not only to those working in the field of patient care, but also broad audiences interested in prevention and brain health.

Sincerely,



Stephanie Chambers, MPH
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