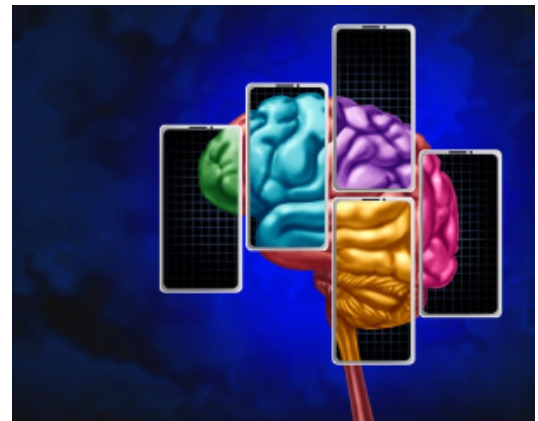


Brain and Behavior in the Era of Digital Technology

Explore how digital technologies and artificial intelligence affect the brain, behavior, and mental health. This course examines the impact of modern devices on attention, memory, emotions, and decision-making, while addressing ethical concerns like privacy and tech-based addictions. We will learn how neuroscience and psychology offer tools to support well-being in a rapidly evolving digital world.



[Click here to view promo video.](#)

YOUR INSTRUCTOR: Elena Labkovsky, PhD



Elena Labkovsky, PhD, is a neuroscientist and clinical neuropsychologist with over 30 years of experience in cognitive psychology and psychophysiology. She specializes in neurobehavioral modulation, integrating psychological, neuropsychological, and physiological approaches to support emotional and cognitive well-being. Her work focuses on how brain function shapes behavior and on developing innovative, research-based treatments for mental health challenges.

MONDAYS, JANUARY 26 THROUGH MARCH 2

7am AK | 8am PT | 9am MT | 10am CT | 11am ET

Each live session is 90 minutes

- Monday, January 26
- Monday, February 2
- Monday, February 9
- Monday, February 16
- Monday, February 23
- Monday, March 2

To register, please contact your local Osher Institute.