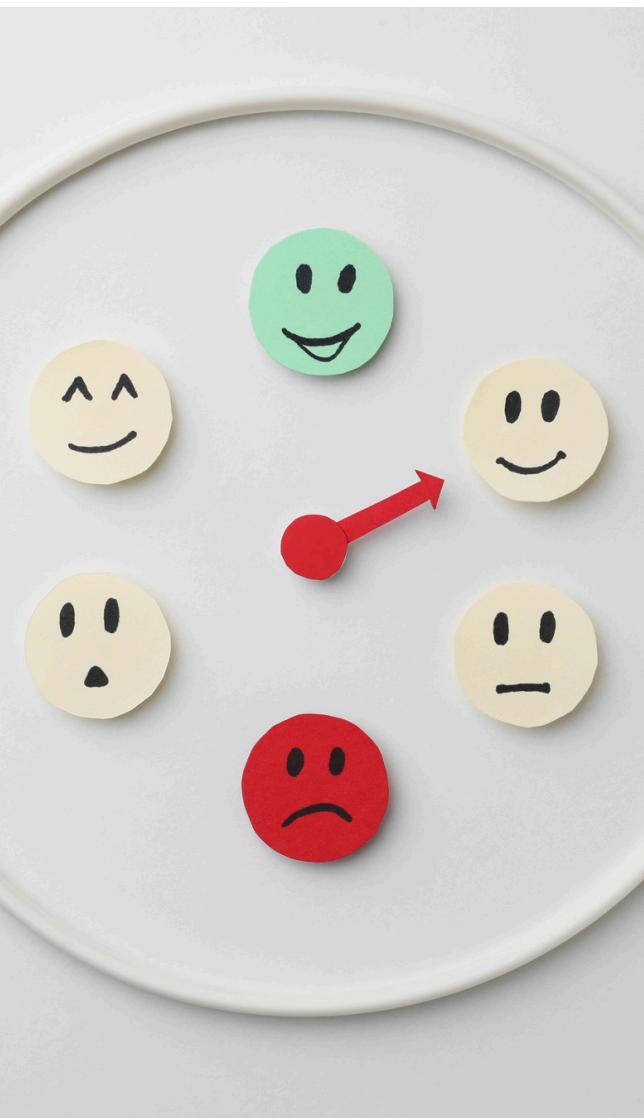


# MIND YOUR MOOD: STRESS, EMOTIONS, AND BRAIN HEALTH

**Thursday, March 19th | 9:00 am - 10:00 am**



Understand the powerful connection between mood and brain health. Learn strategies to manage stress, anxiety, and depression while strengthening emotional resilience.

Presented by: Kristen Maahs



**Lakeview Senior Center**  
20 Lake Rd,  
Irvine, CA 92604



**Call (949)724-6900 to RSVP**

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