

MIND YOUR MOOD: STRESS, EMOTIONS, AND BRAIN HEALTH

Wednesday April 15th | 2:00 pm - 3:00 pm



Our emotional well-being plays a powerful role in brain health. Chronic stress, anxiety, and depression can impact memory, attention, and overall cognitive functioning. In this class, participants will explore the connection between mental health and brain health and learn how emotional wellness influences long-term cognitive resilience. The session will introduce practical strategies for managing stress, improving mood, and building emotional resilience. Topics include the science of stress and the brain, healthy coping strategies, relaxation techniques, and everyday habits that support both mental and cognitive well-being. Participants will leave with tools they can use to support their emotional health and strengthen their brain at the same time.



Presented by: **Kim Bailey**



Susi Q Senior Center
380 3rd St,
Laguna Beach, CA 92651



To RSVP, please call
(949) 464-6645

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org