



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

**Monday, April 20th | 12:30 PM - 1:30 PM**

**Yorba Linda Senior Center  
4501 Casa Loma Ave, Yorba Linda**

Discover the powerful connection between mood, stress, and cognitive health, and learn practical strategies to support emotional well-being at any age. This class explores how stress, anxiety, and depression can affect the brain—and what you can do to build resilience and protect brain health.

**Registration is required due to limited seating.**

**Call (714) 961-7181**