



GRAY MATTERS

Free Brain Health Workshops

Protecting our Brains in the Age of the Coronavirus: How to cope with stress in unsettling times

Lynn Breuer, LMSW, CHC

Join us as Lynn Breuer, LMSW, CHC discusses how to care for our brains by managing stress during these uncertain times. She will take an in-depth look into how stress can impact our brain health and offer coping strategies for building brain resilience.

When: May 18, 2020
1:00pm-2:30pm

Where: ZOOM
<https://zoom.us/>
Meeting ID: 950 5381 2874
Password: 817472

About the Presenter: Lynn Breuer, LMSW, CHC earned her bachelor of science degree in psychology from Michigan State University and her master's in social work in interpersonal practice from the University of Michigan. Lynn's focus is to identify the needs of seniors and raise awareness about the benefits of Geriatric Care Management in the Detroit Metropolitan community. As a Certified health Coach, Lynn currently heads up the Chronic Disease Management programs at Jewish Family Service, which in addition to geriatric care management, includes individual and group health coaching, as well as Mind University, a joint program with JVS human Service Agency. Lynn also serves as adjunct faculty at Madonna University's School of Social Work.

To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

