



Put your
best brain
forward

GRAY MATTERS

Free Brain Health Workshops

Laughter & the Brain

Linda Keilman, NP

Join us as Linda Keilman, NP, discusses using laughter as a strategy to provide our brains with a fun daily workout. In this uplifting workshop, she will explore the brain benefits of laughter, including stimulating motivation and long-term memory, as well as provide strategies to bring more laughter and humor into our lives. Following this presentation, we will be well equipped to celebrate National Humor Month in April!

When: March 17, 2021 - 1:00pm-2:30pm

Where: ZOOM - Register in advance at:

<https://zoom.us/meeting/register/tJlkOygrzMpGtPJZlh-9At0UfUDln2Lmkni>

After registering, you will receive a link to via email to join the meeting.

About the Presenter: Linda Keilman earned her Master of Science in Nursing from Michigan State University in 1989 and her Doctor of Nursing Practice from Oakland University in 2010. She has taught at MSU since 1992 where she is an Associate Professor and Gerontology Population Content Expert. Linda has been a practicing Gerontological Nurse Practitioner since 1989 and has been speaking on aspects of humor and laughter for over 30 years. Linda's current practice is in long term care and subacute rehabilitation with a focus on palliative care and neuropsychiatric symptoms in dementia.

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

