



# GRAY MATTERS

## Free Brain Health Workshops

**May 27, 2020 at 1:00pm**

**Protecting our Brains in the Age of the  
Coronavirus: How to Cope with Stress  
in Unsettling Times**

*Lynn Breuer, LMSW, CHC*

Jewish Family Service via Zoom

**June 17, 2020 at 1:00pm**

**Brain Nutrition – How to Eat for  
Optimal Focus, Energy and Clarity**

*Dr. Stacy Francis*

JVS Human Services via Zoom

**July 15, 2020 at 1:00pm**

**Music & the Brain**

*Jody Conradi Stark, Ph.D, MT-BC with the DSO*

Jewish Family Service via Zoom

**August 19, 2020 at 1:00pm**

**How Managing Pain Benefits the Brain**

*Dr. Walid Harb, MD*

JVS Human Services via Zoom

**To enroll, contact [MindU@jfsdetroit.org](mailto:MindU@jfsdetroit.org) or 248-788-MIND.**

