Brain Health: Simple Ways to Feel Good and Calm Your Day

December 18 | 10:00 AM – 11:00 AM

Online via Zoom *(Link provided upon registration)*

Feeling overwhelmed?

The holiday rush is coming. Don't lose your balance.
Learn practical ways to pause, breathe, and reset your mind - even on your busiest days.

Join us to find easy ways to boost your mood and energy,

especially on days when the brain fog won't lift, when you're struggling to focus and when your mind feels completely cluttered.

Speaker: Dr. Harmehr Sekhon



- Assistant Professor, Division of Geriatric Medicine, McGill University
- Director, Digital Health Innovation Masters & PhD Program, McGill University
- Associate Scientist, St. Mary's Research Centre
- Collaborator Scientist, Centre for Addiction and Mental Health (CAMH)

How to Register or Get More Info

Spaces are limited! Secure your spot by contacting us today:

- 📧 **Email:** english@splc.ca
- 📞 **Call:** 416-493-3333 **EXT 820**

Everyone is welcome!

This session is specially designed to support Older Adults & Seniors,
Family Caregivers, Healthcare Workers and Anyone looking for a quick mental reset!

camh
mental health is health

SPLC Senior Persons Living Connected

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