

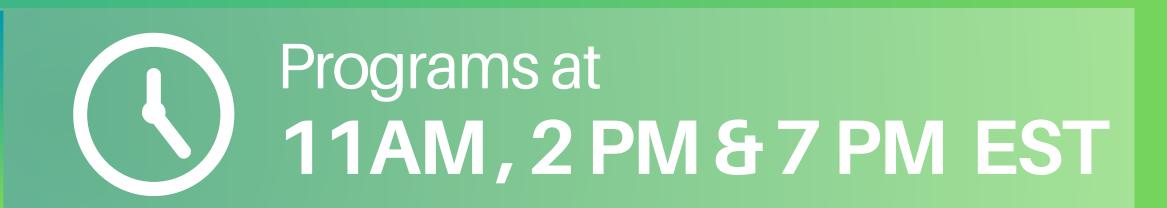


Mental Health Action Day

A day that encourages and empowers everyone to take action for themselves, for their loved ones, or for their community based on what works best for them.

• LIVE STREAMING





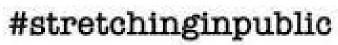
Get support for your emotional well-being and take charge of your mental wellness with our collaborative partners.







rigert mind body arts





The Best Brain Possible with Debbie Hampton

Information and Inspiration For Anyone With a Brain



In Partnership With

Mental Health Action Day





Mental Health is Health

To Register

Questions?







ALL PROGRAMS LIVE STREAMING IN EASTERN STANDARD TIME

TUESDAY, MAY 14, 2024

11:00 AM

Integrated Physical and Mental Health Perspectives of Burnout Dr. Ronke Komolafe, DBH, MBA, CEO of Advancing Integrated Health

2:00 PM

Nourish to Flourish: Functional Nutrition & Self-Care for Mental Wellness Ashley Stuver, MS, INHC, Ashley Stuver Wellness

7:00 PM

Everyday Essentials: Brain Health Basics to Thrive Dr. Krystal L. Culler, DBH, MA, Founder of the Virtual Brain Health Center

WEDNESDAY, MAY 15, 2024

11:00 AM

Stretch and Play Your Stress Away!

Vinny Bonanno of Stretching in Public

2:00 PM

Take Control of Your Pain

Fran Garton M.Ed, M.A, Pain Reduction Coach

7:00 PM

Brain Healthy Strategies: Mental Health Tools to Support Your Best Thinking! Trish Turo, MS, NBC-HWC

IHURDAY, MAY 16, 2024

11:00 AM

5 Ways to Stop Anxiety On-the-Spot

Debbie Hampton, Author of The Best Brain Possible

2:00 PM

Mindfulness: An Important Tool for Decreasing Stress and Increasing Brain Health LeAnne Stuver, M.Ed., BSN, Director of Lifelong Learning, VBHC

7:00 PM

Mind Spa: Self-Care & Relaxation Rebecca Rigert of Rigert Mind Body Arts

To Register

Questions?

www.virtualbrainhealthcenter.com









