

# 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



Tuesday - Thursday  
May 14-16, 2024



Programs at  
11AM, 2 PM & 7 PM EST

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



ADVANCING  
INTEGRATED  
HEALTH

Integrated Physical & Behavioral Health



FRAN GARTON  
COACHING

rigert mind body arts



IN PUBLIC

#stretchinginpublic



**The Best Brain Possible** *With Debbie Hampton*

Information and Inspiration For Anyone With a Brain



In Partnership With

Mental Health  
Action Day



VIRTUAL BRAIN  
HEALTH CENTER

COPE  
NOTES   
DAILY MENTAL HEALTH SUPPORT

Mental Health  
is Health

To Register

Questions?



[www.virtualbrainhealthcenter.com](http://www.virtualbrainhealthcenter.com)



[info@virtualbrainhealthcenter.com](mailto:info@virtualbrainhealthcenter.com)



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

## THURSDAY, 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?



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