

MIND MATTERS

Smart Tips for optimal brain health and performance



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Webinar Presenter



WEBINAR

LIVE SESSION

WEDNESDAY, MAY 15

Starts at 2PM EST

Just as with physical fitness, keeping a healthy brain is essential for a full and vibrant life. This session provides an overview of mental health and tips to keep your brain sharp throughout your lifespan with a grounded outlook on the joys and stresses of life.

https://careatc.com/Group_Education_2024



Katie Dawson
Podcast Host

**WELLNESS
WEDNESDAY
PODCAST:**
Ep. 05 | May 2024
Sandwich Generation

With Guests: Mary McFarland, LPC
Sam Cartwright, PT

The Wellness Wednesday Podcast is available on the first Wednesday of every month. Tune in on the CareATC Mobile App or on the Patient Portal → Health Education Library → Wellness Wednesday Podcast.

