



Lyn Freeman, Ph.D, BCLPC
Mind Matters Research, LLC

“Learning the Brain Skill of Happiness”

Wednesday, March 18 • 6 p.m.

Classrooms 1 & 2 • Alaska Regional Medical Plaza

Seating is limited. Please reserve your space:

264-1113 or audry.patrick@hcahealthcare.com

Did you know that:

- *With every experience, every day, you change your brain's structure and biochemistry?*
- *You are constantly training your brain and mind to experience positive or negative emotions?*
- *There are three basic principles for how this training 'works'?*
- *You can design a plan to 'nudge' your mind, brain, and mood in a better direction?*
- *Designing and implementing such a plan can result in improved health and medical outcomes?*

Join Dr. Freeman as she explains how constant changes in the brain can be harnessed to improve your mood, your quality of life, and your health. There will be short group exercises to help participants 'capture' the experience of brain training for themselves.

Who should attend: those struggling with chronic disease who need to modify their behaviors, perception and mood state to better manage long-term medical conditions such as, but not limited to, cardiovascular disease, diabetes, and cancer.

NOT BIGGER JUST BETTER



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