



## Enhancing Mental Health with Alternative Treatments

### The Impact of Chronic Medical Illnesses on the Brain

McDowell Senior Center

March 11, 2020

1:30 pm – 3:30 pm

Two Different Classes

**Enhancing Mental Health with Alternative Treatments:** This course is designed for both care providers and recipients. It looks at alternative treatments and practice modalities and their impact on mental health. Many of the “outside of the box” interventions can be incorporated into the lives of people managing a mental illness and/or their caregivers to help create balance, stability and a reduction in stress and its maladaptive impacts. The approaches are also applicable to preventing or de-escalating crisis situations.

**The Impact of Chronic Medical Illnesses on the Brain:** Chronic diseases can be challenging to manage. This course teaches ways to help the care recipient cope with the emotional and behavioral symptoms that sometimes accompany these medical conditions.

Registration: Jeffrey Dula  
828-759-2160 Ext. 3346 or [jeffrey.dula@vayahealth.com](mailto:jeffrey.dula@vayahealth.com)

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