NSPE-CO™ NATIONAL SOCIETY OF PROFESSIONAL ENGINEERS – COLORADO

Central Chapter Dinner Program Thursday September 28th

Stress Management, Mindfulness and Optimizing Brain Function

With Melissa Wolak, MS, CCC-SLP

Are you feeling stressed, overwhelmed and too busy? Do you feel that you need more time in the day to get everything completed? Chronic overwhelm and stress take a significant toll on our cognitive, emotional and physical health. Over time, this stress on the body and brain can lead to decreased performance, disease and cognitive decline. Stress also affects our ability to enjoy life and make meaningful connections. This talk will provide research-based recommendations to increase your presence, resiliency and your vitality now and in the future.

Feel more knowledgeable and empowered as you learn:

- How your nervous system and your brain work together
- The truth about stress and what chronic stress does to the brain
- Simple techniques to decrease stress and calm the nervous system
- The ABCs of mindfulness and how to implement these strategies
- How mindfulness activities rewire the brain to handle and minimize the effects of stress and increase cognitive function, specifically attention and memory

When: September 28, 2017 with Happy Hour from 6-7pm
Dinner starts at 7pm and the program begins at 7:30pm

Where: Holiday Inn Denver - Cherry Creek
455 S. Colorado Blvd., Denver, CO 80246

How: Register at NSPE-CO.org

Melissa Wolak, MS, CCC-SLP is a transformation coach and speaker providing education with empowering strategies to support functional, healthy lifestyle changes to increase productivity and wellbeing with the goal to decrease the effects of chronic stress and self-imposed limitations in order to optimize your brain's potential. Her work is influenced by her 20 years of experience as a speech-language cognitive therapist and facilitator of classes and support groups in the medical and educational settings. She is passionate about learning and has additional training in the areas of "Food as Medicine," memory, mindfulness, anxiety and stress management.