TRAIN THE BRAIN

OCTOBER 1 – 31, 2020

Resilience & Self-Care in the Face of Adversity

*Take care of your brain health by participating in **FREE** virtual workshops, support groups and learning opportunities this October 2020.*

So far, 2020 has been a year filled with uncertainty and unexpected hardship. Many of us are experiencing stress and anxiety like never before. **Palm Health Foundation's** grantees and partners are providing free information and opportunities to help you maintain good brain health during this time.

Together, we can commit to daily self-care.

Together, we can cultivate resilience in this challenging time.



Visit *www.TraintheBrainPBC.org* to view a calendar of FREE virtual opportunities offered throughout the month of October.

Palm Health® FOUNDATION

QUESTIONS

Email info@phfpbc.org