



## Stronger Everyday: Building Lasting Mental Resilience with Dr. John Yuhas, DNP, PMHNP-BC from Montage Health

**Date: Monday, October 6th**

**Time: 12pm-1pm**

**Register in advance today!**

**[CLICK HERE TO REGISTER!](#)**

### What you'll Gain:

- Practical tools to strengthen mental resilience in everyday life
- Stress management techniques to boost emotional balance and wellbeing
- Sustainable habits for long-term mental health

### About the Speaker:

Dr. John Yuhas brings over a decade of expertise in psychiatry, emergency medicine, urgent care, and addiction medicine. His integrated, evidence-based approach combines psychotherapy, medication management, and holistic practices such as yoga and meditation. Known for his compassionate and collaborative style, Dr. Yuhas is dedicated to helping individuals heal, grow, and thrive.