



Dr. Sherrie All

# Your Brain on Stress

Presented by Sherrie D. All, Ph.D., Licensed Clinical Neuro-psychologist and Founder of the Chicago Center for Cognitive Wellness

## A CEU Event

*Open to Community Members and Professionals*

**Thursday, February 15, 2018**

**5:30pm – 6:00pm Registration Sign-in | 6:00pm -7:00pm Presentation**

**Dinner will be served**

The challenges of caring for a loved one with dementia or other illnesses can be over-whelming and stressful. While stress is an essential component of life – it helps keeps us safe – it can also put our bodies and brains into fight-or-flight mode. Stress activation has a profound impact on brain performance in the short run and damages the brain in the long run. Dr. Sherrie All will describe the affects of chronic stress on the brain and provide valuable strategies for regaining focus and reducing the negative impact of stress, leading to resilience, clarity and calmness.

**To RSVP, please call 847-462-0885 or email [events@elderwerks.com](mailto:events@elderwerks.com)**

## St. Joseph Village of Chicago

4021 W. Belmont Avenue  
Chicago, IL 60641

### Sponsored by



This program awards 1.0 CEU credit to Illinois nurses, professional counselors, social workers and LNHAs. License number required.

**There is no cost for community members to attend.**

There is a \$5.00 fee payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation, for all professionals attending a 1.0 credit hour event. Payments are non-refundable. All proceeds are tax-deductible in accordance with Illinois law (tax ID#46-0916476). Please send payment to Elderwerks Educational Services, PO Box 92, Cary, IL 60013. To pay by credit card, an invoice will be emailed through PayPal after registration.