

Lincoln Prairie Behavioral Health Center
presents

Trauma & The Brain: Understanding and Addressing the Impact of Stress

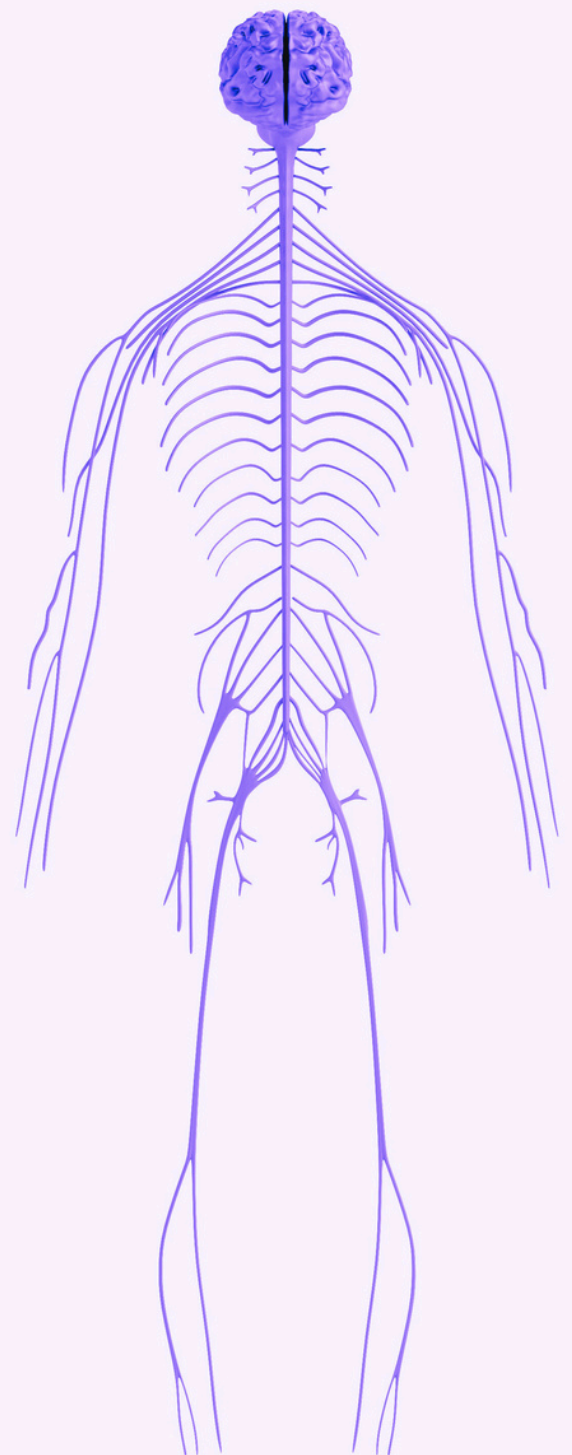
Explore the profound effects of chronic stress and trauma on the brain, emphasizing how these experiences shape neural pathways, emotional regulation and overall well-being.

February 5, 2025

9a-10:30a CST

via Zoom

<https://lp.constantcontactpages.com/ev/reg/yvk93r8>



Presenter: Lade Akande
The Yoga Counselor

