



# Mark your Calendars!



## FREE discussion and Q&A on **Optimizing Your Mood & Mental Health**

May is Mental Health Awareness Month—a perfect time to explore ways to boost your mood and prioritize your mental well-being!

Join **Kelly Kossen, MD**, resident, Psychiatry Residency Program at Northern Light Acadia Hospital who will share information on lifestyle factors that can affect our brain health such as diet, exercise, and stress management, and how social engagement and intellectual stimulation can promote good cognitive health!

Be sure to bring your questions as there will be time for Q&A.



### **Tuesday, May 27** **2 - 3 pm**

**The Durgin Center**  
**Eastern Area Agency on Aging**

274 State Street, Brewer

 **Northern Light** SM Acadia Hospital

Presented in coordination with



**EASTERN AREA  
AGENCY ON AGING**