

# Healthy Mind

## Community Education Series

A healthy mind is important to your overall health and ability to function. The Healthy Mind Community Education Series, offered by Caroline Hollnagel, PhD, neuropsychologist at Northern Light Eastern Maine Medical Center, is a free public offering that is focused on providing you with timely information and support on common but challenging issues that affect our thinking or mood. If you are interested in attending, please RSVP to Gayle Agrell, physician practice manager, at 973-7551 or [gagrell@northernlight.org](mailto:gagrell@northernlight.org). Sessions will meet on the State Street campus of Northern Light Eastern Maine Medical Center in one of two conference rooms: Brandow or Brown.

RSVP is not required to attend. It helps us know how many materials to have prepared. Please feel welcome to come even if your memory, stress, anxiety, depression, etc. kept you from RSVPing!

### Series Calendar

#### Memory

**February 26, 5:30 – 7 pm,**  
**Brandow Conference Room**

If you are a student, you are forgetting things, or you are a parent or educator who helps others learn, you will want this information! Come hear about the different types of memory and the best ways to learn efficiently. Mark it on your calendar, tie a string around your finger, and don't forget!

#### Stress Management

**March 12, 5:30 – 7 pm**  
**Brandow Conference Room**

Under pressure at work, at school, or at home? This session is beneficial for people with demanding jobs or studies, those going through a difficult time, and families with stress. Come in comfortable clothes and join us for a relaxed discussion on stress.

#### Anxiety

**March 26, 5:30 – 7 pm**

##### Brandow Conference Room

Does the thought of going to a party, speaking in public, or even just life in general leave you feeling anxious? Learn how you can control anxiety rather than letting it control you. In this casual forum, you will learn the purpose of anxiety and strategies for coping with it. There will be no public speaking involved—we promise!

#### Depression

**April 9, 5:30 – 7 pm**

##### Brandow Conference Room

Are you wondering about depression for yourself or a loved one? This session will discuss what depression is and some approaches to improving our mood and ability to take care of ourselves when we are down. Learn strategies for coping with depression and leave feeling a little lighter and perhaps a little less alone.

#### Caregiver Burden

**April 23, 5:30 – 7 pm**

##### Brandow Conference Room

Caring for loved ones can be difficult and exhausting. You may be so focused on helping to ensure others have their needs met that you have left very little room for yourself. How do you cope with the worries and responsibilities this role brings? Connect with others as you learn strategies for taking care of yourself.

#### End of Life Preparation

**May 7, 5:30 – 7 pm**

##### Brown Conference Room

What do you do when you have a terminal illness or condition? How do you best prepare yourself and your loved ones? What is your role when you are the one who is used to caring for everyone else? Come get support and learn ways to approach this challenge we will all one day face.

#### ADHD (Attention-Deficit/Hyperactivity Disorder)

**May 21, 5:30 – 7 pm**

##### Brandow Conference Room

Life with a loved one or student with ADHD can be frustrating. It may seem like they never listen or they forget everything. We have education on ADHD, as well as tips and tricks to set you on a better path so you can better appreciate their wonderful qualities and cope more effectively.