

# Your Brain on Stress

## PROFESSIONAL TRAINING

Presented by:

**Sherrie D. All, PhD**

Licensed Clinical Neuro-psychologist

Founder, Chicago Center for Cognitive Wellness

The challenges associated with aging and caregiving can be overwhelming and stressful. While stress is an essential component of life—it helps keep 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. All will describe the effects of chronic stress on the brain and provide valuable strategies for helping older adults and their caregivers regain focus and reduce the negative impacts of stress, leading to increased resilience, clarity and calmness.

**Date** Tuesday, August 20, 2019  
8–8:30 am Registration and light breakfast  
8:30–10:30 am Program

**Location** Lieberman Center for Health and Rehabilitation  
9700 Gross Point Road, Skokie • Social Hall

**Registration Required**  
By August 15 to [Events@elderwerks.org](mailto:Events@elderwerks.org) or 847.462.0885

**Open to all professionals in the field of aging.** This program will award 2.0 clock hours for CEUs for Social Workers, Professional Counselors, Nurses and Nursing Home Administrators. License number required.

A \$10 fee is required from all registrants prior to the date of the event. Please make checks payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation, PO Box 92, Cary, IL 60013. An invoice will be emailed after registration to those paying by credit card.



**THE CJE ADVANTAGE:** Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

**CJE COUNSELING SERVICES** | 3003 West Touhy Avenue | Chicago IL | [www.cje.net](http://www.cje.net) | 773.508.1000

CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1222.8.2019