



Complex Injury Rehab

The Brain, Spine & Mental Health Clinic

Wellness: It's a Process Understanding the Brain & Body Connection

This free seminar is for individuals seeking the opportunity to maximize their brain and body health, life happiness and feelings of wellbeing. Wellness can be broadly defined as the **quality or state of being healthy in body and brain**. Issues such as stress, illness, trauma, loss, aging, and injury within either the body or the brain can impact our overall wellbeing. Join us to better understand the relationship between body and brain health and learn the elements of brain and body health building that can maximize your potential for life enjoyment.

The elements of and the relationship between brain and body will be introduced along with how they can be incorporated into an individualized approach that supports you to attain your highest potential for cognitive and physical health and wellbeing.

Cost: Free

Date: Monday, March 19th

Time: 10 -11am

Location: Abilities Centre ***Music Room (upstairs)**, 55 Gordon St, Whitby, ON

Seminar led by regulated health professionals knowledgeable in the neurological and physical processes involved in brain and body health and wellness. We are leaders in the field with innovative best in practice therapies, specialized techniques, and digital health technology. Our therapists are skilled and compassionate representing our commitment to quality rehabilitation, collaboration, and wellness and empowerment of the individuals with whom we work.