

# Let's Talk About Stress & Relief

## *Emotional Brain Training (EBT)*

*Friday, January 21, 2022*

*12:00-1:15PM (PT)*

*Online event*



E-mail: [hdfcccce@gmail.com](mailto:hdfcccce@gmail.com) for event login

UCSF Helen Diller Family  
Comprehensive  
Cancer Center



- ❖ Join us for an important webinar to bring awareness of **Emotional Brain Training** to lower stress and tap into your “*super power*”
- ❖ Unprecedented changes in daily life experiences, COVID19 and social injustice have significantly impacted and “stressed out” our lives for nearly two years
- ❖ Our January 21<sup>st</sup> webinar features Dr. Valerie Yerger, who will share helpful information on how we can engage in healthy self-care through emotional brain training in the new year & beyond. Mark your calendars!



**Dr. Valerie B. Yerger, N.D., L.M., M.A.**  
Professor, Health Policy, University of California, San Francisco (UCSF)  
Department of Social & Behavioral Sciences and the Center for Tobacco Control Research & Education,  
Faculty Equity Advisor and Project Director, The LOOP

This event is hosted by the UCSF HDFCCC Office of Community Engagement  
in partnership with UCOP Black Staff and Faculty Organization.