Let’s Talk About Stress & Relief

Emotional Brain Training (EBT)
Friday, January 21, 2022
12:00-1:15PM (PT)
Online event

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 21st 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

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