

WRIGHT STATE FAMILY MEDICINE EDUCATIONAL SESSION



Brain Matters: Common Thought Tendencies and How to Manage Them

Brain Matters is a class focused on building resilience and well-being. Most people can further develop their mental health, and enjoy gains in their quality of life. Dr. Paul Hershberger will lead discussion of the following topics:

- Natural tendencies in how people think
- Managing negative emotions
- Relationship skills
- Self-control
- Happiness
- Self-care (including sleep, diet, exercise)

Thursday, April 14, 7–8:30 p.m.

Wright State Physicians Health Center
Campus of Wright State University
725 University Blvd. ■ Fairborn, OH 45324
Second Floor ■ Classroom 1

The session is free and open to the public.

To register, contact Elizabeth McCarter at elizabeth.mccarter@wspi.org or 937.245.7213.

The speaker is Paul Hershberger, Ph.D., a clinical health psychologist. He is a professor of family medicine and director of behavioral science for the Family Medicine Residency Program at the Wright State University Boonshoft School of Medicine. His clinical practice includes psychotherapy, consultation, and coaching.



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