



“Mind-management and mental health”



Join us for this lunch and learn to discuss mind-management and improve mental health with **Dr. Caroline Leaf** – clinical and research neuroscientist, bestselling author, and host of the award-winning podcast The Dr. Leaf Show!

Friday, November 14, 2025, 12 p.m. ET

Zoom link will be provided upon registration
This event is FREE and open to all!

Register now: <https://awisphl.org/events/mind-management-and-mental-health/>