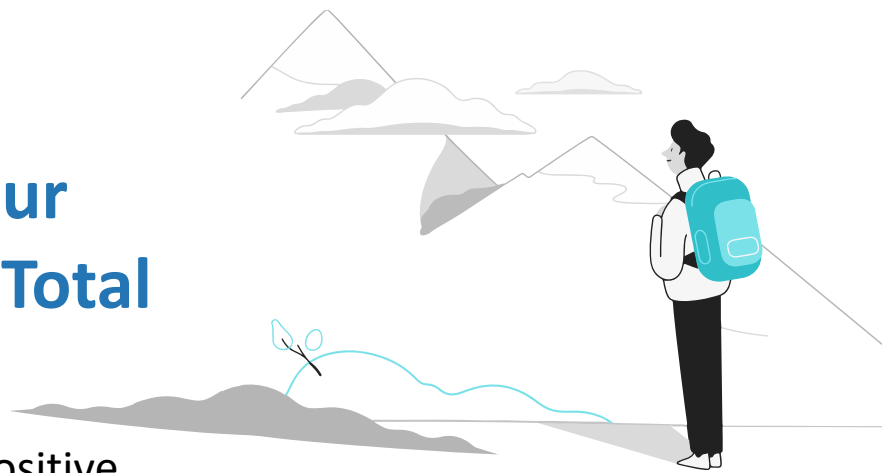




# Start Focusing On Your Mental Health With Total Brain

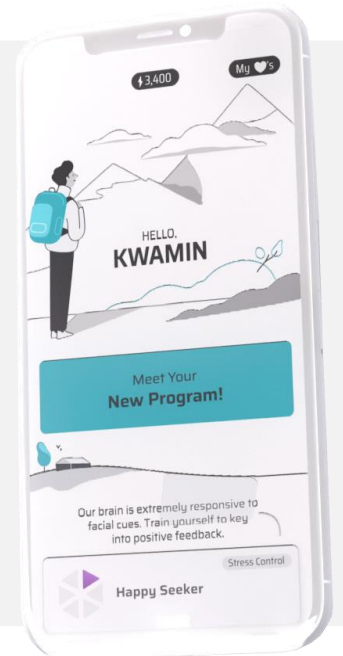


Be Resilient. Focus More. Stay Positive.

Tuesday, June 27<sup>th</sup> at 12:30pm

We're all presented with challenges at some point, and we all respond differently to them. While some of us may thrive under pressure, many of us become stressed, which in turn limits our ability to stay focused and productive. Without monitoring and supporting your mental health, these situations can eventually spiral out of control and impair your ability to function efficiently on a daily basis.

Thankfully, Total Brain can help prevent that. Join us for a lunch and learn webinar on June 27<sup>th</sup> at 12:30pm to learn how the Total Brain platform can help strengthen your mental health by engaging with interactive mind and brain exercises designed to support brain growth and monitor for potential mental health risks.

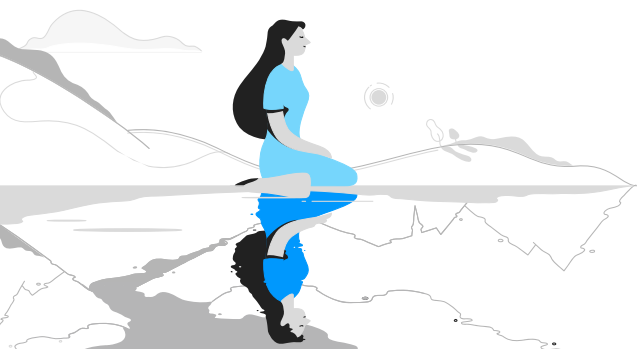


## Join Us for the Webinar Demo!

To register, email Employee Wellness [employee wellness@fultoncountyga.gov](mailto:employee wellness@fultoncountyga.gov)

June 27th, 12:30pm

Learn about the benefits of the Total Brain platform, and how you can monitor and support your mental health using just 15 minutes a day while better understanding your brain's strengths and weaknesses.



## Getting Started With Total Brain



Register for your account at [totalbrain.com/Fulton](http://totalbrain.com/Fulton)



Complete the assessment to screen for potential mental health risks and to better understand your strengths and weaknesses.



Browse the personalized program feed to get started or choose from 40+ mind and brain exercises focused on specific topics.



Reassess monthly and track your progress to monitor improvement and start training other areas as you continue to grow.