

# How Our Brains and Bodies Respond to Stress & Trauma

**Friday, August 26<sup>th</sup> at 10:30 a.m.**

**Northampton Senior Center  
67 Conz Street, Northampton**

Come and enjoy a fun and entertaining talk with Suzy Polucci of the Community Crisis Response Team, and learn more about how our brains and bodies respond to stress & trauma.



Bring your elder wisdom and Suzy will bring all three parts of her brain and we'll put our heads together to discuss trauma and the pathways out of it.

**This program is free and open to everyone.  
Register by calling the Senior Center at 587-1228.**

For program questions contact Suzy Polucci at 413-773-5090 or via email at [SPolucci@communityaction.us](mailto:SPolucci@communityaction.us)