



**Dr. Tigerson Young, Registered Psychologist**

Dr. Tigerson Young is a registered psychologist in BC. He works in a full-time private practice. He is an adjunct faculty at UBC, Kwantlen Polytechnic University, and Thompson Rivers University. He also hosts a monthly radio show with Ms. Deborah Moore on AM1470.

**Session:**        **Stress management to lower risk of heart disease**

In this session you will learn:

- how stress can affect heart health
- strategies on how to recognize and reduce stress
- strategies on how to manage stress to minimize cardiac episodes

**Date:**            Sunday, November 19, 2023