



# GRAY MATTERS

Free Brain Health Workshops

## Culinary Art Therapy: Brain Development through the Senses

Julie Ohana, LMSW

The benefits of Culinary Art Therapy are, in fact, *rich and delicious*. Join us for a hands-on workshop with Culinary Therapist Julie Ohana, LMSW as she discusses the positive impact culinary experiences have on the mind. These culinary advantages include increased brain stimulation through sensory input, awareness of health and nutrition, stress relief, as well as mental health benefits.

**When:** Wednesday, March 20, 2019  
1:00pm-2:30pm

**Where:** Jewish Family Service  
6555 W. Maple Road, West Bloomfield, MI 48322

**About the Presenter:** Julie received her B.A in Counseling from SUNY Empire State College in 2001, and earned her M.S.W from Yeshiva University's Wurzweiler School of Social Work in New York City in 2004. Julie has worked with a wide-ranging population. She has worked in the fields of inpatient substance abuse treatment, as well as outpatient mental health treatment. Julie has many years of experience working with adolescents and their parents. Currently, Julie lives in West Bloomfield, Michigan with her husband (who also happens to be an outstanding cook) and two sweet children. In addition to her full time job, Julie enjoys helping others find meaning and fun in their own kitchen. She firmly believes in the value of The Family Meal.

To enroll, contact [MindU@jfsdetroit.org](mailto:MindU@jfsdetroit.org) or 248-788-MIND.

