

Tantramar Seniors' College Course:

“Creating Your Own Irritability Barometer”

(Spring 2011 Session)

This is one presentation and discussion by Dr. John Meagher about how to understand and manage our negative moods. Dr. Meagher has practiced medicine for more than forty years and will share interesting and useful insights on the reptilian brain and how to manage it and our moods. The presentation will be held at the Cumberland County Museum from 7 to 9 pm on Tuesday May 3rd.



The reptilian brain

Storm Policy: No classes when schools are closed in Amherst

Scent-Free: Some people are very sensitive to perfume and other scents. Please respect a scent-free environment by not using scented products. Thank you.

Attendance/Absenteeism: Our instructors are volunteers who work very hard putting courses together. Your cooperation is appreciated in letting them know by email or phone if you are unable to attend classes as most instructors plan for the number of students registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please e-mail the coordinator at tsccordinator@nbnet.nb.ca or call her at 506-364-2780. Many courses have a wait list and this could allow someone else to take your place.