

HOW MUCH DO YOU KNOW ABOUT THE MOST IMPORTANT ORGAN IN YOUR BODY?



there are more connections in your brain than stars in the universe

your brain only makes up 2% of your body weight but uses 20-30% of your calories

information travels at about 268 mph in your brain

you lose an average of 85,000 brain cells/day

as your weight goes up, the actual physical size and function of your brain goes down.

your brain has a billion nerve cells

the health of your brain will either accelerate innovation in your life or decelerate it



It might be time to shift your perspective



What am I doing to take care of my mental health?



Do I have support or resources right now?



How is my body treated on a regular basis?



Am I honest with myself and others about my needs?



**IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME,
REMEMBER THAT OUR TEAM IS HERE FOR YOU.**

**REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO
SOMEONE TODAY. USE OUR COMMUNITY SERVICE LINE**

Cheyenne County

Cheyenne Wells - 719.346.8183

Morgan County

Fort Morgan - 970.867.4924

Elbert County

Elizabeth - 303.646.4519

Phillips County

Holyoke - 970.854.2114

Kit Carson County

Burlington - 719.346.8183

Sedgwick County

Julesburg - 970.474.3769

Lincoln County

Limon - 719.775.2313

Washington County

Akron - 970.345.2254

Logan County

Sterling - 970.522.4392

Yuma County

Wray - 970.332.3133

Yuma - 970.848.5412

**YOU CAN ALSO FIND MORE RESOURCES AT
THE FOLLOWING LINK:**

<https://www.centennialmhc.org/covid-19-communications/>



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