

Talk to delve into how thoughts affect behavior

Don't believe everything you think: How our thoughts affect mood and behavior is the subject of a June 9 talk at Sierra Nevada College.

Karin Sable is a licensed marriage and family therapist providing mental health and counseling services in the Truckee-Tahoe area. She will talk about how negative thoughts are a normal part of the developing brain. Understanding how these thoughts evolve and their relationship to mood and behavior gives people power to reconsider their thinking and affect real change.

Cost is \$5. **Registration** for this event is required. The program will begin at 6pm with refreshments and no-host bar from 5:30-6pm at 291 Country Club Drive in Incline Village. Seating is open at 5:30pm to guests who have preregistered, open seating starts at 5:50pm.