Who Should Attend?
Service providers, Caregivers and Older Adults are invited to join us for the spring 2021 webinar series to learn strategies to improve Emotional and Mental Health and Well-Being for Older Adults.

Theme: Building Resiliency For Healthier Aging

April 15–May 6

Emotional and Mental Health Wellness For Older Adults
Spring 2021 Series
"Building Resiliency For Healthier Aging"

Spring Webinar Schedule & Topics
Thursdays, 2pm-3pm (Mountain Time)

Mindfulness: A Practical Approach for Savoring Moments in Each Day
April 15

Connect and Engage: Understanding Loneliness and Forging Deeper Relationships
April 22

Adding Structure to Life with Flexibility and Purpose
April 29

Maintaining Healthy Cognitive Living
May 6

To Register:  https://medschool.cuanschutz.edu/center-on-aging

More About Our Co-Hosts

CU Anschutz Multidisciplinary Center on Aging Promotes improved health for older adults through high quality and innovative clinical programs; education of community professionals in geriatrics and gerontology; an emphasis on multidisciplinary team care; and advocacy for the well-being of older adults.

CU Aging Center
The Aging Center provides comprehensive psychological and neuropsychological assessment and treatment services to individuals 55+ as well as their families, trains graduate students in clinical geropsychology and supports the study of psychological aging processes.

REGISTRATION INFORMATION
Email: For more information  jodi.waterhouse@cuanschutz.edu
Call: For more information  303.724.0832
Website  https://medschool.cuanschutz.edu /center-on-aging

UCCS Aging Center
The Aging Center provides comprehensive psychological and neuropsychological assessment and treatment services to individuals 55+ as well as their families, trains graduate students in clinical geropsychology and supports the study of psychological aging processes.

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