

Emotional and Mental Health in Older Adults Fall & Winter Webinar Series

Fall Series

October 29 - December 3

Winter Series

January 14 - February 4

Who Should Attend?

Service providers, Caregivers and Older Adults are invited to join us for a Fall and Winter 9-session webinar series to learn strategies to improve Emotional and Mental Health and Well-Being for Older Adults



Emotional and Mental Health Wellness In Older Adults During Challenging Times

Co-Hosts



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

- #1 *The Importance of Getting Good Sleep During Challenging Times*
October 29th
- #2 *Maintaining Strong Relationships During Difficult Situations*
November 5th
- #3 *Compassion Fatigue...Helping Ourselves to Help Others*
November 12th
- #4 *Understanding and Responding to Depression in Unprecedented Times*
November 19th
- #5 *The Impact of Substance Use As We Age*
December 3rd

Email to register:
<https://medschool.cuanschutz.edu/center-on-aging>

***Zoom information will be emailed prior to each session*

(New Webinar Topic Added)

Join us to learn more about how to maintain healthy emotional and mental well-being

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>

More About Our Co-Hosts

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.

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.

OUR COMMUNITY PARTNERS

