

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

**Fall Series (2020)**

**October 29 - December 3**

**Winter Series (2021)**

**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**



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

#1

*Understanding Anxiety and Grief During Challenging Times*  
January 14

#2

*What Can You Do If You Notice Memory Problems?*  
January 21

#3

*Healthy Brain, Healthy You!*  
January 28

#4

*Living Well With Dementia*  
February 4

### **To Register:**

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

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

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

### **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**



### **REGISTRATION INFORMATION**

**For more information email:**

[jodi.waterhouse@cuanschutz.edu](mailto:jodi.waterhouse@cuanschutz.edu)

**Call for more information**

**303.724.0832**

**Website**

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