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.

Winter Webinar Schedule & Topics

Thursdays, 2pm-3pm (Mountain Time)

Understanding Anxiety and Grief During Challenging Times
January 14

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

Healthy Brain, Healthy You!
January 28

Living Well With Dementia
February 4

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

**Zoom information will be emailed prior to each session

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.

REGISTRATION INFORMATION

For more information email: jodi.waterhouse@cuanschutz.edu

Call for more information
303.724.0832

Website
https://medschool.cuanschutz.edu/center-on-aging