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

**Fall Series**
October 29 - November 19

**Winter Series**
January 14 - February 4

Who Should Attend?
Non-Clinicians, Caregivers and Older Adults are invited to join us for a Fall and Winter 8-session webinar series to learn strategies to improve Emotional and Mental Health and Well-Being for Older Adults.

Co-Hosts

Fall Webinar Schedule & Topics
Thursdays, 2pm-3pm

#1
The Importance of Getting Good Sleep During Challenging Times
October 29th

#2
Maintaining Strong Relationships During Difficult Situations
November 5th

#3
Improving Emotional Health While Living With Cognitive Impairment
November 12th

#4
Managing Depression During Challenging Times
November 19th

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

REGISTRATION INFORMATION

Email
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 Partner

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