

Emotional and Mental Health in Older Adults Spring 2021 Webinar Series

Theme: Building Resiliency For Healthier Aging

April 15-May 6

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



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



Co-Hosts



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

Understanding Mindfulness As We Age
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

2021-2022 Programming

Fall 2021: Healthy Me, Healthy You!

Winter 2022: Understanding Cannabis Use and Older Adults

Spring 2022:
Families and Caregiving

Fall 2022:
Practical Aging

Watch for Dates and Topics!

To Register:

<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



REGISTRATION INFORMATION

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