

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 *Improving Emotional Health While Living With Cognitive Impairment*
November 12th
- #4 *Managing Depression During Challenging Times*
November 19th
- #5 *Identifying Substance Abuse As A Coping Mechanism*
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)



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

