



Health & Human Services

Good Mental Health is Ageless

Friday, July 20th • 2 - 3pm

This presentation dispels myths, stigma, and barriers surrounding older adults' mental health. Includes the signs of mental health issues and self-assessment tools. Emphasis is placed on prevention activities such as: physical activity, social interaction, interpersonal relationships, life learning, and finding humor in life.

Providing Health
and Social Services
to Promote
Wellness.

