

# 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



## Emotional and Mental Health Wellness In Older Adults During Challenging Times

### 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

Email to register:  
[jodi.waterhouse@cuanschutz.edu](mailto:jodi.waterhouse@cuanschutz.edu)

*\*\*Zoom information will be emailed prior to each session*

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

### REGISTRATION INFORMATION

#### Email

[jodi.waterhouse@cuanschutz.edu](mailto: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**

 **DENVER PUBLIC LIBRARY**