

Understanding Aging: MENTAL HEALTH WEBINARS

Maintaining sound Mental Health has become a challenge and a priority for professionals serving senior living community residents in the Covid-19 Pandemic. We have designed two webinars to help you successfully address the social isolation issues facing your residents, particularly as the holidays approach with social distancing restraints. Learn how Gratitude can mitigate the stresses caused by this pandemic.



Social Isolation & the Holidays

Speaker: Stephanie Svec, LCPC, Director of Senior Services, Affiliated Sante Group

Date: [Monday, November 2, 2020, 11am – noon](#)

Gratitude & Mental Health

Speaker: Linda Roszak Burton, ACC, BBC, Founder, Managing Partner, DRW Inc.

Date: [Monday, November 9, 2020, 11am – noon](#)

❖ Earn CEUs or a Montgomery College Certificate; ❖ Free Book by Linda Roszak Burton

REGISTER TODAY! - <http://bit.ly/understanding-aging-mc>