

MANAGING ANXIETY & DEPRESSION AS WE AGE

Presented by Kate Mahoney, LCSW

Executive Director of The Naomi Ruth Cohen Institute for Mental Health Education

Thursday, November 8th, 2018

8:00AM- 8:30AM Registration & Breakfast Buffet

8:30AM-10:00AM Program

To RSVP email Events@Elderwerks.com or call 847-462-0885

Unmanaged anxiety & depression can significantly diminish our quality of life as we age; yet there is no need for our mental health to go unaddressed. This workshop will help review common symptoms of anxiety and depression. The presentation will also highlight effective strategies for preventing and treating depression and anxiety disorders.

**Travanse Living
1865 E. Belvidere Road
Grayslake, IL 60030**

1.5 CEU credits will be awarded to Nurses, Professional Counselors, Social Workers & Nursing Home Administrators. License number required. Advanced registration is required. There is a **\$5.00 fee*** payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation, requested from registrants prior to the date of this event. Please send payment to Elderwerks Educational Services, PO Box 92, Cary, IL 60013 To pay by credit card, an invoice will be emailed through SmartPay after registration.

