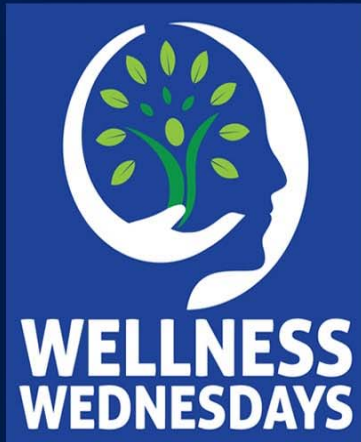


Mental Health and Aging in the post-COVID era

Wednesday, August 3, 7:00pm - 8:30pm



The Golden Years: Discussion on Aging

Archdiocese of Seattle's
Mental Health Ministry

This presentation will review some of the mental health challenges all of us have been experiencing during the pandemic, with a particular emphasis on the impact on older adults. Practical strategies for helping aging individuals stay mentally healthy and resilient in difficult times will be . It will include time for an open discussion to share your own reflections and to answer questions you might have about successful cognitive and psychological aging.

Dr. Susan McCurry is a practicing clinical psychologist and Research Professor Emeritus at the University of Washington School of Nursing. Her career has focused on development and evaluation of training programs for family and professional staff caring for persons with cognitive impairment, assessment and treatment of sleep disturbances in older adults, and research studying the environmental, behavioral, and psychosocial factors associated with successful cognitive aging.

St. James Cathedral's Mental Health Wellness Ministry and the Archdiocese of Seattle Mental Health Ministry are sponsoring Wellness Wednesdays, a monthly educational forum featuring professionals from various mental health disciplines speaking on topics of interest.

Information, Nancy Granger, ngranger@stames-cathedral.org

To Register: <https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/wellness-wednesdays/>

Zoom link to join: <https://seattlearch-org.zoom.us/j/87157205880>