



WINTER WELLNESS:

Supporting Mental Health for Older Adults and Caregivers

WEDS, NOV. 19, 2025 • FROM 12:00 – 1:00 P.M.

This webinar will shine a light on the unique mental health challenges older adults and their caregivers face during the winter months and holiday season.

Join us to learn about the emotional hurdles this community experiences and discover ways we can come together — as individuals and as a community — to offer compassionate support.

Our goal is to inspire hope and empower participants to help older adults and caregivers live connected, meaningful, and fulfilling lives particularly during the toughest times of the year.

JOIN LINK: www.zoomgov.com/meeting/register/XDLbn3uVTMSkxHNXmzcvtzQ



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