

# FALL SPEAKER SERIES



## **COPING WITH NECESSARY LIFE LOSSES**

Loss is a part of life—not just the loss of loved ones, but also the loss of expectations, roles and even parts of ourselves as we age and grow.

Join **Carol Reszka, LCSW**, from Aurora Mental Health and Recovery for a thoughtful and compassionate conversation about how to navigate these inevitable transitions. Together, we'll explore how grief and change can become powerful steppingstones to self-understanding, acceptance and lasting contentment.

Come as you are—and leave feeling a little more whole.

**105266** Sept. 19

- Friday, 10 to 11:30 a.m.
- Free; Registration Required.

## **THE IMPORTANCE OF CONNECTIONS: FIGHTING ISOLATION AND LONELINESS**

Social isolation and loneliness can take a serious toll on your health—raising the risk of depression, anxiety, heart disease, high blood pressure, dementia and even early death. But there's good news: connection is powerful medicine.

Join us for a fun, uplifting session designed to help you build meaningful connections and create a personal "connection toolkit" to help keep loneliness at bay. Together, we'll laugh, share and support each other—because no one should have to go it alone.

**105270** Oct. 17

- Friday, 10 to 11:30 a.m.
- Free; Registration Required.

## **ADVANCING THE SCIENCE AT ANY GIVEN MOMENT: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH**

Whether you're one of the more than 6 million Americans living with Alzheimer's—or one of the 11 million caregivers who support them—this session is for you.

Join us for an informative and empowering session that explores the latest breakthroughs in preventing, detecting, and treating this devastating disease. Learn what cutting-edge research is revealing about slowing its progression and discover resources that can make a difference in the lives of those affected.

Don't miss this opportunity to stay informed, inspired and connected.

**105289** Nov. 14

- Friday, 10 to 11:30 a.m.
- Free; Registration Required.



For accommodations, please visit [AuroraGov.org/Accessibility](https://AuroraGov.org/Accessibility)



**AURORA CENTER FOR ACTIVE ADULTS | 303.739.7950**

*In Partnership with the Aurora Commission for Older Adults*

30 Del Mar Circle  
Aurora, CO 80011