



ACTIVE OLDER ADULTS | LUNCH AND LEARN WEST CABARRUS YMCA

Learn to recognize the signs and symptoms of mental health challenges that may be affecting you or a loved one. Discover how to offer support and when to seek professional evaluation for yourself or others.

Thursday, May 22, 2024
12- 2 pm in the Williams Room
Lunch will be provided

Please Register online, through the YMCA360 App or scan the QR code.



ROWAN-CABARRUS YMCA
www.rocabymca.org