

AGING, EMOTIONAL HEALTH, AND MENTAL WELLNESS: RECOGNIZE, SUPPORT, AND SEEK HELP

ACTIVE OLDER ADULTS | LUNCH AND LEARN WEST CABARRUS YMCA

Join us for a vital lunch and learn on Mental Health Awareness.

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.

Empower yourself with knowledge to make a difference!

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.



For more information email Jeana Gispert, AOA Coordinator jgispert@rocabymca.org



ROWAN-CABARRUS YMCA www.rocabymca.org