

Aging *Vibrantly* Adults



20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.

Learn to better understand mental health. Participants will gain knowledge, skills, confidence, and about resources. These trainings are for both care givers and older adults to better navigate mental health so we can all age healthy and vibrantly.

Earn a free \$25.00 gift card by completing a survey of the class!

Please join us Thursday 5/30/24 10:30 AM-11:30 AM at the East Providence Senior Center

To register for training or for more information please contact Steven Eiland, MHAT Project Director at eastbaymhat@gmail.com or call 401-247-1900 ext. 346 or Scan the QR code with your phone camera.

