

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 learn 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.

Participants will receive an incentive for attending and completing a brief survey

Join us on 12/3/2025 at 10:30 am - 11:30 am at the East Providence Senior Center. 610 Waterman Ave

To register for the training or for more information please contact Madeline Marlow or Bethanie Rado, MHAT Project Directors at eastbaymhate@gmail.com, or call 401-527-7008, or scan the QR code with your phone (select Aging Vibrantly Adults)



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