

FREE ADMISSION



**LIMITED SEATING
REGISTER TODAY!**

GOOD FOR YOUR HEAD **AND** YOUR HEART

— A HOWARD COUNTY WELLNESS SERIES —

East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

Registration is required; RSVP to **410-313-7680** for EACH session!

Wednesday, May 29 • 1:00 to 2:30 p.m.

Minding Our Mind: the Primary Driver for Quality of Life

Impact of Thoughts and Feelings on Everyday Living • Keys to Resiliency

Wednesday, June 5 • 1:00 to 2:30 p.m.

Besting Our Brain: the Most Precious Organ

Ways to Optimize Brain Function • Age and Caregiving-Related Risks to Brain Health

Wednesday, June 12 • 1:00 to 2:30 p.m.

Peace in the Presence: Strategies to Combat Stress

Embracing Change and Uncertainty • Freedom from Self-Defeating Coping Mechanisms



 Howard County Office on
Ageing and Independence

Department of Community Resources and Services
www.howardcountymd.gov/aging

If you need this document in an alternative format or need accommodations to participate, contact Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) or map@howardcountymd.gov