

Hope and Resilience: Healthy Minds Series

Presented by: Estelle Dupree, LCPC, Frederick County
Health Department

Frederick 50+ Center

Understanding Depression & the Aging Brain
Monday, January 12 @ 11:00 a.m.

Emmitsburg 50+ Center

Self-Care & Suicide Prevention in Older Adults
Monday, February 9 @ 11:00 a.m.

Middletown 50+ Center

Community Resources & Communication Strategies
Monday, March 9 @ 11:00 a.m.



Ways to Watch:

In-person

From Home on VSC Zoom

Virtual Screening from any 50+ Center

To Register Email:

VirtualSeniorCenter@FrederickCountyMD.Gov

If you need auxiliary aids and services for effective communication or a reasonable modification in programs, services or activities contact the ADA Coordinator at ADA@FrederickCountyMD.gov as soon as possible and preferably 10 business days before the activity or event.

