



▶▶ The Mental Wellness Series: Dealing with Depression and Anxiety

This presentation gives information to help seniors recognize depression and anxiety. You will learn what contributes to these problems and what needs to be done when someone you know suffers from depression and anxiety. The presentation emphasizes engaging in positive activities.

Date: 6/27/2024
Time: 10:00AM
Place: Las Palmas Senior Center
1820 Las Palmas Ave
Los Angeles, CA 90028