

**Loneliness in seniors can increase chronic conditions  
including hypertension, diabetes, heart conditions and depression.**

~ The Journal of the American Medical Association.

# **Aging and Loss:**

## **A workshop for conversation, connection and support.**



**Losses associated with aging may include the death of a loved one, impaired health,  
financial insecurity, changes in life roles and decreased self-esteem.**

**Join Us for one of these workshop series:**

**Thursdays:**

**Oct. 12 - Nov. 16, 1:00 - 2:30 p.m., Friends in Action Senior Center**

**Oct. 12 - Nov. 16, 1:00 - 2:30 p.m., Harborview Apartments, Blue Hill**

***I enjoyed connecting with the others. I no longer felt alone.***

~ From a participant in a recent *Aging & Loss* program.

**This workshop is for people 62 and older  
who have experienced losses associated with aging.**

**Free of charge. Pre-registration required.**

**Call Janice Ronco at Hospice Volunteers of Hancock County.**

**207-667-2531, [www.hospiceofhancock.org](http://www.hospiceofhancock.org).**

This workshop is supported in part by the Maine Community Foundation.

