

**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 this workshop series:  
Mondays, April 8 - May 20 (no group April 15),  
11:00 - 1:00 p.m.  
Friends in Action Senior Center, Ellsworth**

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

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

**Free of charge. Pre-registration required by April 3 .**

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

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



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