

**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:

Tuesdays, January 15 - February 19, 11:00 - 1:00 p.m.

Hospice Volunteers of Hancock County, Ellsworth

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 by January 12.

Call Janice Ronco at Hospice Volunteers of Hancock County.

207-667-2531, www.hospiceofhancock.org.



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