

High resilience later in life has been associated with reduced depression and mortality risk, better self-perceptions of aging successfully, increased quality of life, and improved lifestyle behaviors. ~ Geriatric Nursing, Vol. 37, issue 4

Choosing Resilience:

Developing a Healthy Approach to Aging



With a healthy approach we can respond more positively to the losses that come with aging, such as the death of loved ones and impaired health.

Join us for this workshop series:

Thursdays, January 14 - February 18, 1:00 - 3:00 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 program.

This workshop is for people 62 and older who want to learn how to respond to the challenges of aging with resilience and a positive attitude.

Free of charge. Pre-registration required by January 8.

Call Jane Cornman at Hospice Volunteers of Hancock County.
207-667-2531, www.hospiceofhancock.org.

