

You are invited to attend **FREE** courses led by the Area Agency on Aging Central Texas (AAACT)

Aging Well Series

Candid Conversations on Managing Holiday Stress

The **Aging Well Series** offers additional supports and programs for those with chronic health conditions who are 60 and older, and for their friends and family who provide care.

Please join us to discuss how to:

- Support caregivers of family members with chronic health conditions
- Identify solutions to social isolation in rural communities
- Maintain well-being and self-care as a caregiver

Virtual Event : Dec 14, 2021 **To register:** [CLICK HERE](#)
Time: 9:30 am – 11:30 am or **call** 254.770.2330

Featured Speakers:

- **Andrejs E. Avots, Avotins, MD, PHD** (Moderator)
The Elizabeth & Drayton McLane, Jr Chair in Health & Wellness
Vice President–Provider Engagement & Community Affairs
- **Angela Obu, MSc., MA, MHA**
Assoc. for Clinical Pastoral Education (ACPE) Certified Educator
Mgr. of Clinical Pastoral Education Programs BSWH Central Texas Region
- **Dr. David Myers, LCSW-S**
Assistant Professor
Director of Social Work Program
Department of Social Work, Sociology & Criminal Justice
University of Mary Hardin-Baylor
- **George Losoya**
Director for the Area Agency on Aging of Central Texas
Division of the Central Texas Council of Governments

AAACT'S next class, Taking Care of Me, will be held on January 11. For more information about the next session, visit <https://aaact.org/events>.

Hosted in collaboration with:



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