

lunch & learn

Helping Seniors with Chronic Illness Improve Quality of Life

Topics to be discussed:

Chronic illness can dramatically impact a senior's quality of life, including mobility, energy, relationships and finances. Find out what can be done to adjust to these changes as you or your loved ones age. This presentation will address:

- Maintaining independence
- Coping with fatigue
- Dealing with feelings of isolation
- Communicating with medical providers

DETAILS

HOSTED BY:



Thursday, June 11th | 12:00pm - 1:30pm

Glen Crest | 3 Glen Hill Road, Danbury, Connecticut

12:00 Lunch provided by Glen Crest

Presented by: Mary Ellen Porrata, APRN
RVNA Community Health & Wellness Nurse Manager

Please RSVP | 203.790.9161

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