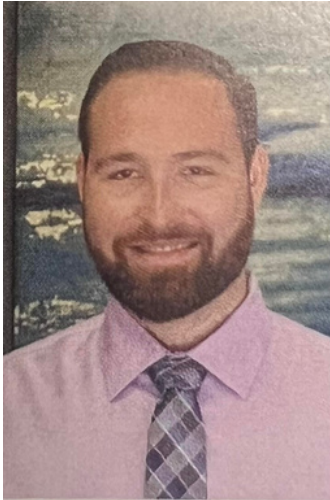


May is Mental Health Month



YOU ARE INVITED TO A SPECIAL EVENT WITH AUSTIN J. CHASE, MSW ACSW

- Find out how life in our modern age affects our mental health
- Learn about the impact of aging on our well being
- Acquire resources to help you navigate our changing world
- Explore some coping strategies you can use to manage stress, difficult emotions, and challenging situations

Loneliness

Anxiety

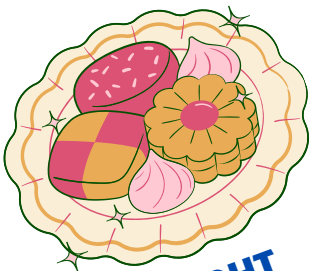


Depression

DAY: THURSDAY, MAY 16TH
TIME: NOON
PLACE: CORNING SENIOR CENTER
1015 4TH AVENUE

Isolation

CALL 530-824-4727
TO RESERVE YOUR PLACE



**LIGHT
REFRESHMENTS**

This is a free event offered by
the Family Counseling Center in
cooperation with
the Corning Healthcare District and
the Corning Senior Center



RAFFLE PRIZES!