

REGISTER NOW FOR A

**30-Minute
“Infonar”**



**FREE Conference Call
For Family Members
Caring for an Older Adult**

In a 30-minute conference call
“Holiday Blues”



Learn what is “holiday blues,” signs and symptoms, and ways to overcome the triggers of feeling sadness and anxiety during the holidays!



Speaker: Erika Brown, MSW
Social Worker
City of Los Angeles, Department of Aging

Date: 11/21/2016 (Monday)
Time: 11:30 AM– 12:00 PM

You will receive additional information when you register.
Please email: Erika.Brown@lacity.org or call 213-482-7257

PLEASE PROVIDE YOUR: * Name * Number