



CHASING AWAY THE **CORONA** **BLUES**

JOIN US for a FREE one-hour Wellness Seminar for Adults 60+ with Ellen Grossman and Nora Kraidman from Nevada Senior Services on a **ZOOM** Video Conference, "**Chasing Away The Corona Blues!**" We will talk about how to manage our health and mood during this challenging time. We will be sharing positive ways to use our time, find fun activities to keep us active & (safely) socially engaged, and discover relaxation techniques and helpful resources.

WE WILL JOIN YOU IN YOUR HOME– VIA ZOOM!

For Information or Registration :

Contact Ellen Grossman 702-333-1546

email: egrossman@nevadaseniorservices.org

*Presented by Nevada Senior Services with funding support from
Nevada Aging & Disability Services Division*