

Managing Anxiety and Depression as We Age

A CE Webinar Event

Presented by Kate Mahoney, LCSW

Naomi Ruth Cohen Institute for Mental Health Education

Unmanaged anxiety and depression can significantly diminish our quality of life as we age; yet there is no need for our mental health to go unaddressed. During this online presentation, Kate will help review common symptoms of anxiety and depression. She will also highlight effective strategies for preventing and treating depression and anxiety disorders.

Thursday, January 14, 2021

1:00 PM to 2:00 PM

All are Welcome!

For **\$5.00*** – **1.0 CE Credit** will be awarded to Illinois nurses, social workers, professional counselors, and nursing home administrators. Payment may be made at registration. To pay by check, please make checks payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation and mail to 251 E. Northwest Hwy, Palatine, IL 60067.

***NO FEE** for Consumers/Community Members and those not needing CE credit or certificate.

Reservations are required.

Elderwerks

847-462-0885 or Events@Elderwerks.org

Webinar access information will be emailed after registration and prior to the date of the event.

**NAOMI RUTH COHEN**SM
Institute for Mental Health Education
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