

The Loneliness Epidemic

The Physical, Emotional and Social Costs - There's growing evidence that loneliness, or social isolation, might be as significant a health risk factor as smoking, obesity or childhood trauma. A chronically lonely person is much more likely to suffer negative physical and/or mental health outcomes or early death than a non-lonely one. In this session we'll examine the rising incidence of loneliness, its physical and emotional consequences, and review effective prevention and intervention measures.

Presented by Trish Abbey, LCSW, In-Home Counseling

Thursday, October 17, 2019

5:30pm – 6:00pm Registration Sign-in and Dinner

6:00pm – 7:00pm Presentation



ST. PAULS HOUSE

3800 N. California Avenue

Chicago, IL 60618

A **\$5.00* fee** payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation, PO Box 92, Cary, IL 60013, is requested from all registrants prior to this event. Payments are non-refundable. To pay by credit card, an invoice will be emailed after registration. * **NO FEE for community members**

To register, please email events@elderwerks.org or call 847-462-0885

1.0 CE hour will be awarded to Illinois Nurses, Social Workers, Professional Counselors and Nursing Home Administrators. License number required.

