



NEW HORIZONS

MENTAL HEALTH AWARENESS

October is National Depression & Mental Health Screening Month. As we get older, we start losing connections to our community: people are no longer here, families move away, health forces us to not be able to show up the same, and more. As one's social world changes, there are more opportunities for them to feel sad and depressed. Ellenville Regional Rural Health Network is leading a conversation on mental health awareness. We will identify the signs of depression and ways to combat it. Additionally, information for local mental health services will be available and shared.

TUESDAY, OCTOBER 27TH AT 1:00 PM
ELLENVILLE SENIOR HOUSING COMMUNITY ROOM
15 HEALTHY WAY ELLENVILLE, NY
PLEASE REGISTER BY OCTOBER 23RD
CALL (845) 647-6400 EXT 215

