

DIFFICULT DISCUSSIONS: MEANINGFUL CONVERSATIONS ABOUT WHAT MATTERS

HBCOA and Community Partners present a series of informative & interactive workshops to help us positively open up about sensitive topics related to aging. Lead by expert facilitators, participants will learn & practice in small groups, how & when to have important & meaningful discussions about:

- Cognitive & Mental Health changes
- End of Life Planning
- Driving & Safety
- Care Options

Opening Workshop June 6



Specific topics follow on the
1st Thursdays of August,
September, October, and
November

Free
5-6:30pm

Older adults, spouses, adult children, and friends are welcome. Attendance of the 1st meeting is highly recommended.

Space is limited!

Sign up for one workshop or all of them. Register in person at the Travel & Resource Room or call 714-374-1572.