

“Taking Care of Yourself and Others”

Do you have an older adult (55+) audience that would like to:

- Implement simple healthy lifestyle changes into their everyday life to enrich their physical and emotional well-being
- Learn how to effectively manage stress and develop effective coping skills through interactive discussion and activities
- Recognize the symptoms of depression and warning signs of suicide
- Discover resources to help themselves or a loved one

Samaritans, Inc., servicing Greater Boston and MetroWest, is offering a new, free program “*Taking Care of Yourself and Other*” designed for audiences of older adults 55+. We will come directly to your senior center, facility or agency at a date and time that is convenient for your staff and participants.

To schedule your workshop today, please contact:

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Certified Wellness Coach

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This program is funded through a grant by the Department of Public Health.