UMaine Health Connection Chat

Wednesday, 11am – 12 Noon
June 3, 2020

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) or by telephone. **No cost to attend.** THOSE JOINING BY PHONE CAN SEND IN QUESTIONS TO OUR SPEAKERS AHEAD OF TIME.

For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925
For questions and suggestions for future topics, contact Len Kaye at len.kaye@maine.edu or 207.262.7922

**OUR SPEAKER ON JUNE 3RD**

June 3rd - **Building Personal Resilience:** Presented by Susan Wehry, M.D., Chief of Geriatrics, Primary Care, University of New England

This session will include resource experts from the University of Maine Center on Aging and Eastern Area Agency on Aging. All sessions will be recorded and be made available at: https://mainecenteronaging.umaine.edu/stayhealthy

**PROGRAM SPONSORS**

The University of Maine
Medicine
Advancing Health and Wellbeing

The University of Maine
Center on Aging

**PROGRAM CO-SPONSORS**

UNE University of New England
AgingME
Eastern Area Agency on Aging