UMaine Health Connection Chats
Fourth Round of Sessions - July
Wednesdays from 11am – 12 Noon

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
If you have suggestions for future topics and speakers, contact Len Kaye at len.kaye@maine.edu or 207-262-7922

SCHEDULED SPEAKERS (July 8 – July 29)

July 8th – Being Mindful While Navigating the Pandemic: Presented by Emily A.P. Haigh, Ph.D., Associate Professor and Director of Clinical Training, Department of Psychology, University of Maine

July 15th - The Importance of Our Sense of Hearing for Staying Connected: Presented by Amy Engler Booth, M.A., CCC-A, FAAA, Clinical Faculty and Audiology Supervisor, Department of Communication Sciences and Disorders, University of Maine

July 22nd - Dealing Effectively with the Trauma of Living During COVID-19: Presented by Judith Josiah-Martin, Ph.D., ACSW, CADC, Lecturer, School of Social Work, University of Maine

July 29th – How Technology Can Help Older Adults Maintain Their Health and Avoid Social Isolation: Presented by Susan Corbett, Director, National Digital Equity Center

Each session will include a resource expert from the Eastern Area Agency on Aging and a facilitator from the UMaine Center on Aging. Sessions will be recorded and be made available at: https://mainecenteronaging.umaine.edu/stayhealthy

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