UMaine Health Connection Chats Seventh Round of Sessions – Sept.-Oct.

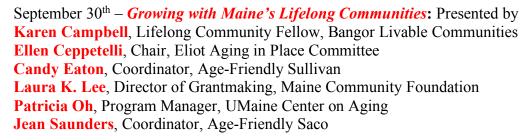
Wednesdays from 11am - 12 Noon

LIVE, practical information and tips for staying healthy and engaged for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) and by telephone. No cost to attend. Those joining by phone can send questions to our speakers ahead of time.

For call-in information or Zoom connection link and to submit questions 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 (Sept. 30 – Oct. 28)



October 7th – *The Healthful Benefits of Yoga During the COVID-19 Pandemic*: Presented by **Angela Fileccia**, LCSW, Manager, Health Life Resources, Northern Light Acadia Hospital

October 14th – *AARP's Perspective on COVID-19 and Staying Safe* and *Well*: Presented by Lori K. Parham, PhD, State Director, AARP Maine

October 21st – *Planning for Retirement in the Age of COVID-19*: Presented by **Lori Lommler**, Financial Advisor, Edward Jones

October 28th – *The Importance of Volunteering and Remaining Civically Engaged*: Presented by Maryalice Crofton, Executive Director, Volunteer Maine

Chat sessions 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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