



# Mental Health America of Greater Houston

## Committee on Aging

Presents:

Community Training

October 9, 2014

United Way of Greater Houston

10-11:30am

Training is \$10

Trainer:

Committee Chair, Esther Steinberg

<http://www.mhahouston.org/events/281/>

Training focus:

- Education on depression and the elderly and among caregivers
- Reducing the stigma of mental illness in the aging population
- Prevention strategies
- Healthy aging and promotion of strong mental health among older people

For more information or to arrange a senior forum for your organization, contact

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[www.mhahouston.org/mental-health-aging](http://www.mhahouston.org/mental-health-aging)

