

Mind Matters

Mental Health in Older Adults

Blue Mountain Health Cooperative is leading this session on mental health in older adults. Learn about what impacts mental health, how to improve your mental health, and where to get resources in Walla Walla. This session will feature an interactive Jeopardy game to make the learning even more fun!

*Sign up at the front desk or by calling
509-527-3775*

**April 18th, 1-2pm in the Maxson Room
at the Walla Walla Senior Center**

