

**Young at Heart Discussion Group**  
**Lions Village**  
**Tuesday, April 10, 1 – 2:30**

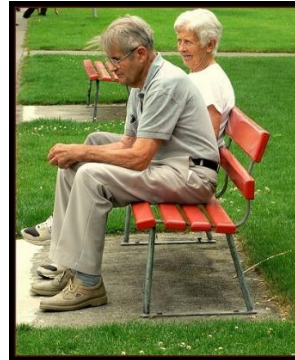


**EILEEN AILON, Psychologist**

**How to Age Well and How to Deal with Mental Health Issues as We Age**

**Presentation with Question and Answer Time**

*In the interest of time, present any questions/issues you may have, in writing, to Sheilah in #303 (you do not need to reveal your name) and they will be provided to the speaker a day or more before the meeting. Thanks.*



**EVERYONE WELCOME!**