

High resilience later in life has been associated with reduced depression and mortality risk, better self-perceptions of aging successfully, increased quality of life, and improved lifestyle behaviors. ~ Geriatric Nursing, Vol. 37, issue 4

# Choosing Resilience:

## Developing a Healthy Approach to Aging



With a healthy approach, we can respond more positively to the myriad losses that come with aging.

Join us for this Online workshop series:

Thursdays, March 3 - April 7, 1:00 - 3:00 p.m.

Offered by:

**Hospice Volunteers of Hancock County, Ellsworth**

*I enjoyed connecting with the others. I no longer felt alone.*

~ From a participant in a recent program.

This workshop is for people 62 and older who want to learn how to respond to the challenges of aging with resilience and a positive attitude.

Free of charge. Pre-registration required by February 24.

Register at: [www.hospiceofhancock.org](http://www.hospiceofhancock.org).

FMI: Hospice Volunteers of Hancock County, 207-667-2531

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