

Living Well in Later Life

*Meeting Weekly on Tuesdays at 11 AM
(Starting date to be decided)*

311 West High Street, Elkhart, IN 46516

Time: 11 AM -12:15 PM

Duration: 8-weeks

Cost: \$60 for 30 minute group screening, \$35 per group session

Open to: People age 55+

Group Facilitator:

Monique A. Jamesen-Gulis, MS, NCC, LMHCA

Place: Samaritan

Center, 311 W. High St, Elkhart IN 46516

Call: (574) 262-3597

Ext. 131 with interest to set up a screening appointment.

*If there are any barriers that would prevent you from joining this group, please speak to the group facilitator.

This psychoeducational support group is designed for older adults who are interested in connecting with others experiencing similar milestones and improve their subjective experience of well-being.

Through participation in this group, members may feel a sense of support and camaraderie with others and learn key factors and techniques to develop and maintain wellness in later life using an evidence based model of wellness and experiential learning practices.