



## **INFORMATIONAL WEBINAR**

### **Mental Wellness for Older Adults - Mind, Body and Spirit**

Many older adults have been through life changes and health issues that required adaptation and have great resilience and wisdom. These traits will help them get through another difficult time.

However, there are other challenges where we may have lost social connections and need to rebuild our activities and connections. This session will address the risks and challenges for older adults and what can be done to maintain wellness.

**When:**  
**July 21, 2022**  
**2:30pm**

**Where:**  
**Zoom Viewing**



#### **To Register:**

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to [www.agingtogether.org](http://www.agingtogether.org) and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

A quarterly program of:

**The Piedmont Dementia Education Committee**

**SAVE THE DATE:**

**Dementia Education Conference - October 20, 2022**



## **Our Presenter:**

**Renee Norden** is the Executive Director of the Mental Health Association of Fauquier County since November of 2020. The Mental Health Association promotes mental wellness in Fauquier and Rappahannock counties. She facilitates the Mental Health Collaborative and the Mental Health School Coalition and serves on the Rappahannock Roundtable.

Renee has been a Youth Mental Health First Aid instructor since 2015. She has over 20 years' school counseling experience working with students, their families, teachers and staff.

Renee has also worked as an Emergency Mental Health Clinician and Suicide Prevention Specialist with Rappahannock Rapidan Community Services. She is a past board member of the Fauquier Free Clinic and Verdun Adventure Bound.

Renee holds a degree in psychology from William and Mary and a Master of Education in Counseling from UVA. She lives with her husband David Norden and their two daughters in Warrenton.



Renee Norden