



## WELLNESS WEBINAR

### Staying Healthy COVID-19: Mind and Body

Join Aging Together for a virtual health and well-being presentation with questions and answers, led by experts from Novant UVA Health System, and UVA Commonwealth Medical Primary Care.

Dr. O'Brien will talk about the importance of meaningful conversations and taking care of your mental health during the COVID-19 pandemic

Dr. DeVincentis will discuss geriatric health and staying healthy during the COVID-19 pandemic with information on weight management and other health issues that have been forefront during the pandemic.

**Offered to the general public.**

**When:**

**April 8th, 2021**

**2-3:00pm**

**This Event is Free.**

#### 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.



## Our Presenters:



### Karyn O'Brien, Psy.D. Bio

Dr. O'Brien-Flanagan is a clinical psychologist with a background in chemical dependency and psychiatry. She has held multiple supervisory and director positions related to substance abuse and recovery, and psychiatric medication management. She served as Director of Behavioral Health Outpatient Services at Novant Health Prince William Medical Center and since 2016 has served as Senior Director of Behavioral Health and supports entire Novant Health UVA Health System.



### Christina DeVincentis, M.D.

Dr. DeVincentis has been a physician at UVA Commonwealth Medical Primary Care in Culpeper since 2015. As an internal medicine physician, she helps adult and geriatric patients manage multiple and complex medical problems. Prior to 2015 she was in private practice in Charlottesville for 19 years.