

JUNE: FACING THE LOSSES OF AGING

Managing realistic expectations

MONTHLY WEBINAR



Adjusting to the Aging Process

Thursday, June 16, 2011
12:00 p.m. - 1:00 p.m.

Participants will explore the impact of the natural aging process. Identify the physical changes and emotional adjustments that happen as our bodies age. Learn positive choices to help achieve healthy aging.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

At some time, all of us must face the inevitable losses of aging. Changes in the body may mean the loss of mobility, functionality, or independence. Aging adults, as well as those who provide care for an aging loved one, benefit from understanding the aging process and setting realistic expectations.

For caregiver support, information on aging, resources for grieving and loss, and help with planning for elder care, let NYS-Balance help. Call or log on to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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