

COLORADO SPIRIT SERIES

Jim Kuemmerle, LCSW, BCD
Regional Clinical Director,
CENTENNIAL MENTAL HEALTH

Fourth Wednesday of each month at 1:00 p.m.

July 28, 2021 - The Power of the Great Outdoors

August 25 - Physical and Mental Health Challenges for Older Adults

September 22 - Aging Adults and Mental Wellness

October 27 - How Older Adults can Cope with COVID-19

November 17 - Fine Tune the Holidays for Older Adults

December 15 - Fighting the Holiday Blues

January 26, 2022 - Older Adults: How to Navigate Life Transitions

February 23 - Grief/Loss

March 23 - Depression is Not a Normal Part of Grower Older

April 27 - Encouraging Wellness in Older Adults

May 25 - Men Increasingly Serve as Caregivers

June 22 - How to Care for Your Mental Health in Retirement

In person: CSU NE Regional Engagement Center
304 Main Street Sterling

Zoom: <https://zoom.us/j/97119690536>