

Maintaining Good Mental Health in Later Life



Please join us in a discussion about common mental health problems, risk and protective factors, and what to do if you or someone you care about is struggling. This free program will be led by Christine Mowry, Executive Director of Shrewsbury Youth & Family Services, with support from Walter Rice, Outreach Coordinator at the Shrewsbury Senior Center and clinical psychologist Dr. Alan E Cusher.

Free light refreshments will be served, courtesy of Residence at Orchard Grove. RSVP by Sunday October 20 to reception@residenceorchardgrove.com or 508-841-5735.

Date: Tues Oct 22, 2019

Time: 2:00 PM

**Place: The Residence at Orchard Grove
258 Walnut Street, Shrewsbury**

This program is funded by the Shrewsbury Public Library Foundation and is part of a community-wide project entitled “Dancing around the Hard Topics” a reading, viewing and discussion program . While focused on the book [Being Mortal: Medicine and What Matters in the End](#) by Dr. Atul Gawande, the project also looks at the many ways people embrace life at all ages.

Free and Open to all.

For more information please call the Library at 508-841-8609

Project Funders and Supporters

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