

# PRIME TIMERS



**Wellness | Ages 55+ | Tuesdays | 1pm-2pm | 11/14/23 - 4/16/23**  
**Group leader: Gabriela Camero**

In this compassionate circle, we will explore topics specific to the 55+ age range; such as life transitions and the stress, anxiety, and depression that often accompanies such changes.

Through heartfelt discussions, our group will be a safe space to share experiences, connect with peers, and learn valuable coping strategies in order to get the most out of life.

Together, we will navigate the challenges of aging and build resilience as we foster mental and emotional strength.

Join us on this journey toward improved mental health, companionship and a brighter outlook through life's challenges.

This group will be held every Tuesday at 1pm at the Wellness group room and snacks and beverages will be included.