



JOIN US!
MARCH 25, 2021
2:00-4:00 P.M.



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Coping with Stressors during COVID-19

The City's Commission on Aging is hosting a free interactive discussion in partnership with the Recreation and Park District's Senior Center as part of the "Coping with COVID Senior Health Series."

Panel:

Graham Seel - Executive Director, Generations Church of Pleasant Hill

Dr. Kit Hill - Director, The New Life Group, Pleasant Hill

Veronica Dise-Hodge - Commissioner, Pleasant Hill Commission on Aging

The discussion will include:

- Frustrations around delayed vaccines.
- Continued isolation from family and friends.
- Validated concerns around loved ones contracting the virus.
- Offerings of hope and encouragement as we endure these uncertainties

No registration necessary.

Questions? Please call staff liaison Danielle Habr: (925) 671-5221. Program will also be broadcast at a later date on the City Channel (Comcast 28; Wave 29; and UVerse 99). Check local listings for times.