



# Prevention & Early Access Community Education Calendar:

## Save the Dates

**Friday, March 2, 2018: Polypharmacy in Older Adults:  
Mental Health and other considerations with**

**Dr. Shadi Doroudgar, Pharm.D., BCPS, BCGP, BCPP, APh:** Learn how drug-drug and drug-food interactions can affect your mental health and how to recognize symptoms that may be caused by medication interactions. Learn how to use labels and other resources to avoid drug interactions.

**Thursday, April 12, 2018: Happiness with Dr. Patrick Arbore, Ed.D,  
Institute on Aging:** Explore the meaning of living well, aging well and happiness. Strategies for coping with isolation, depression and the power of community connectedness.

**Thursday, May 3, 2018: Mental Health First Aid for Older Adults:**  
Learn the unique risk factors and warning signs of mental health problems in adults over the age of 65. Build understanding of the importance of early intervention, and how to help an older adult in crisis or experiencing a mental health challenge. This is an all day 8-HR course. Registration begins at 7:45 AM with Program from 8:30 AM - 5 PM. Continental breakfast & Lunch will be provided.

**Wednesday, June 13, 2018: Mental Health First Aid for Older Adults:**  
Learn the unique risk factors and warning signs of mental health problems in adults over the age of 65. Build understanding of the importance of early intervention, and how to help an older adult in crisis or experiencing a mental health challenge. This is an all day 8-HR course. Registration begins at 7:45 AM with Program from 8:30 AM - 5 PM. Continental breakfast & Lunch will be provided.

\*We will continue to update this Save the Date as more information and opportunities become available.

\*All Trainings will be held at Joe Nelson Community Center  
611 Village Drive, Suisun, unless otherwise noted on the official flyer.

\*Official event flyers will be released approximately 3 weeks prior to the event date, to register on our distribution list please email [sarap@aaans.org](mailto:sarap@aaans.org) to assure you receive event communication.



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