

# Join Us for this Month's Presentations

## Webinars



### March Webinar

- Aging in Place: Strategies to Keep Older Adults Independent
- [Sign up](#) for an email alert when the webinar is available

## Support Sessions



### Practicing Gratitude

- Thursday, March 21, 1 p.m. EDT
- [Session link](#)
- Session password: wDPkgtd4i73

## Podcasts



### OnTopic with Empathia

- The Effects of Sleep on Mental Health with Dr. Rajesh Balagani
  - Episode 20: [Part 1](#)
  - Episode 21: [Part 2](#)

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