

# Join Us for this Month's Presentations

## Webinars



### October Webinar

- Sleep: A How-To
- Sign up for an email alert when the webinar is available



## Support Sessions



### Managing Your Emotions for Improved Mental Health

- October 7
- 1 p.m. EDT
- Session password: ZhEnaMXd393



## Podcasts



### OnTopic with Empathia

- Community Support: A Key to Mental Health in Older Adults
- Available in October



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