



HOLIDAYS AND ISOLATION

How to Cope with Loneliness During the Holiday Season

OCTOBER 26, 2021 | 12:30 PM

125 EXECUTIVE DR , ROOM # 102, MARION, OH 43302

Meet us at Counsel on Aging in Marion, Ohio to discuss how we can cope with isolation in a healthy manner.

Learn that you are not alone during this holiday season and there are support systems to assist during this time.

Discover how loneliness is manifested during the holidays and share with one another how it impacts overall wellbeing.

Counsel on Aging is teaming up with the Crawford-Marion ADAMH Board and Marion Area Counseling Center for this event.

****Food and snacks will be offered