

NEWS FROM:



BROOKLINE COMMUNITY AGING NETWORK
(WWW.BROOKLINECAN.ORG)

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For Immediate Release, Please

Facing the Challenges Of Aging and COVID-19
Virtual Forum, January 19

In a virtual event on Zoom, Tuesday, January 19, 2-3:30 pm, Katharine Esty PhD, will present "How Seniors Can Continue to Live Fulfilled, Happy Lives Despite Challenges of Aging and COVID-19".

Dr. Esty, a best-selling author, is a practicing psychotherapist, widow, mother, grandmother, and an activist for aging well. Her most recent book is:

“Eightysomethings- A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness”. She is on a mission to dispel myths about “old age” and to end ageism, which limits and undermines the most experienced among us. Time will be allotted for questions at the end of the presentation.

Dr. Esty recognizes that older adults have survived much and that the resulting resiliency and their ability to tolerate uncertainty can serve them well in these difficult times.

The program is co-sponsored by the Brookline Senior Center, BrooklineCAN, Center Communities of Brookline, and Goddard House Assisted Living.

To join the program by computer, click below at 2:00 pm, Tuesday, January 19:
<https://protect-us.mimecast.com/s/Kin2Co26yKu8ooNPT1F4zc?domain=hebrewseniorlife.zoom.us>

If you have difficulty accessing the above links, contact Julie Washburn at jwashburn@brooklinema.gov. To join by phone, dial 1-833-548-0282 (TOLL FREE) and enter meeting ID: 858 118 6414 when prompted.

Visit Dr. Esty's web site, <https://tinyurl.com/y7edwu5v> to receive her monthly newsletter or to purchase her book.

Affiliated with the Brookline Senior Center, BrooklineCAN (Brookline Community Aging Network) is an all-volunteer, membership organization, which enables older residents to remain independent and fully engaged in the life of the community. The BrooklineCAN [website](#) provides a wealth of information including how to become a member.

For additional information about BrooklineCAN and to register for the event, visit <http://www.brooklinecan.org> or call 617-730-2770.

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