

Gateway to Mental Health Recovery

2ND THURSDAY
BROWN BAG LUNCH SERIES

NEW LOCATION

Maryland Height Community Ctr
2300 McKelvey Road
Maryland Heights, MO 63043
Noon—1:00 p.m.

Bring your lunch and we'll provide
drinks and cookies, with your
RSVP.

To Register online go to [http://
www.namistl.org/programs-2/2nd-
thursday-seminars/](http://www.namistl.org/programs-2/2nd-thursday-seminars/)

Or call us at 314-962-4670.



December 13, 2018 - Age with Confidence: Breaking Down the Options in Long-Term Care

Speaker: Chien Y. Hung, MSW, MA-G, RYT, Program Director, Long-Term Care Ombudsman Program

Aging is a fact of life, one day we will all be old and gray. Living in a nursing home is not the only option for ourselves and our loved ones.

Come sit down with Chien Hung and learn about the continuum of care. There are all kinds of possibilities, from independent living to skilled nursing care. Join the discussion about services at each level and how to deal with long-term care issues.

Now is the time to get yourself prepared and informed, and ready to go with confidence!