



# **Aging:** **What's Happening?** **And NOW What do I Do ?**

Yarmouth's Aging in Place is offering a free workshop covering many aspects of aging:

- ♦ **What memory, physical health, and mental health changes might happen?**
- ♦ **When should I worry?**
- ♦ **What can I do to manage these changes?**

**Join your friends and neighbors for this important conversation and learn about available resources!**

**Saturday April 6th**  
**at the First Parish Church of Yarmouth**  
**9:30—2:30 (doors open at 9 am)**

**Participation is free and LUNCH will be served**

*Please register by contacting  
Penny Gage at 207-846-9297 or [pgage@maine.rr.com](mailto:pgage@maine.rr.com)*