



▶▶ The Mental Wellness Series:
Resilience – Older Adults and Psychological Resilience

Resilience can be developed in anybody with the right tools. Join us to learn tips on cultivating this valuable skill.

Date: Thursday, October 9

Time: 1 p.m.

**Place: Whittier Wellness Community
7643 S. Painter Ave. Whittier, CA 90602**