

FREE COMMUNITY LUNCH AND LEARN



At Ruth's House Assisted Living Residence
780 Converse Street • Longmeadow, MA 01106

Beyond the Blues Aging & Depression

Understand the difference between the normal blues and clinical depression, including symptoms and treatment.



Clinical depression in the elderly is common. That doesn't mean it's normal. Late-life depression affects about 6 million Americans ages 65 and older. But only 10% receive treatment for depression.

Dr. Anfang will talk about aging and depression and offer strategies on how to deal with it.

Dr. Stuart Anfang is Medical Director of the Memory Disorder Program at Baystate Medical Center, Vice Chair of Psychiatry at Baystate Health and Professor of Psychiatry at UMass Medical School.

FRIDAY, MARCH 13, 2020
Lunch - 12:00 p.m. Presentation - 12:30 - 1:30

RSVP: Christina Tuohey 413-567-3949, ext. 3105 or ctuohey@JGSLifecare.org
For more information, visit JGSLifecare.org/events

The Ruth's House Lunch and Learn program is FREE and open to the public.
Tours of independent and memory care neighborhoods will be available.

Ruth's House
Assisted Living Residence



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