



Mindfully Managing the Holidays



Join the **Aging Institute** and the **UPMC Center for Integrative Medicine** to learn how to manage **stress** and **anxiety**.



Featured Speaker:

Barbara Ivanko, LCSW
President, Family Hospice and Palliative Care

Free Event and Free Parking Validation

Thursday, November 1, 2018

1-2pm

UPMC Center for Integrative Medicine

Shadyside Place, Suite 310

580 South Aiken Ave.

Pittsburgh, PA 15232

To RSVP or for more information on this free event, contact Melissa Jones at **412-864-2091** or jonesms2@upmc.edu.

Stay up to date on resources and our events with our Help & Referral Line at 1-866-430-8742 or visit us on the web, Aging.UPMC.com.

AGING INSTITUTE

of UPMC Senior Services and the University of Pittsburgh