



Community Services
& Parks

**Parks
Make
Life
Better!**

Cognitive Care
SOLUTIONS
Keep Your Brain Stronger for Longer®

Dealing with Depression, Anxiety and Stress

Thursday, December 9th, 2021

Hosted by: Community Services & Parks

Presented by: Cognitive Care Solution

The Community Services & Parks Department in collaboration with Cognitive Care Solution is offering a virtual presentation on “Effects of Depression, Anxiety and Stress” on Thursday, December 9, 2021 from 10:00 a.m. to 11:00 a.m.

Attend the presentation to gain valuable ways to deal with the effects of depression, anxiety and stress.

Email CSPCARES@GLENDALECA.GOV with your first name, last name, and your telephone number. We will email you a link for you to join the virtual presentation.

For more information, please call (818) 548-3775.