



## ▶▶ The Mental Wellness Series: Holiday Blues

Holidays can be a challenging time for seniors who have suffered losses. This presentation discusses strategies to combat feeling sad during the holidays, and talks about the difference between the “blues” compared to those who may be suffering more serious problems.

**Date:** 12/23/2024

**Time:** 10:00 AM

**Place:** Las Palmas Senior Center  
1820 Las Palmas Ave.  
Los Angeles, CA 90028