

Communication Roundup & Review

Controlling your

LIFE



Wednesday, May 10, 11:30 – 2:00pm*

East Harlem Neighborhood Health Action Center
158 East 115th Street, New York, NY 10029
(corner of Lexington & 115th St.) #6 Train to Lexington Ave. & 116th St.

This final workshop reviews the important "take home" messages about the concepts and skills for communicating effectively that were presented in the previous workshops.

In addition, we will spend time understanding the importance of planning, goal-setting, and effective responses to unexpected adverse events to afford us more control of our lives and maximize our ability to communicate effectively.

The workshop will be led by **Elaine S. Gould, MSW**, founder and principal of Aging Awareness Initiatives.

***Light lunch will be served from 11:30-12:30. Metrocard provided.**