



SPEAKER SERIES: A MENTAL HEALTH CONVERSATION

In recognition of Mental Health Awareness Month, Keiro invites you to **Speaker Series: A Mental Health Conversation**. This two-part series will discuss approaches to mental health using real-life applications and community member discussions to help start the conversation.

Part 1 - Starting with You: Mental Health and Self-Care

Dr. Maria Claver, PhD, MSW, CPG

Thursday, May 5, 2022
6:30 - 7:30 p.m. PDT

Learn why and how self-care can have a positive impact on one's aging experience on a physical, mental, and emotional level.

Registration closes Wednesday, May 4.

Part 2- Family Approaches to Positive Mental Health

Jeffrey and Matthew Yonemura

Tuesday, May 17, 2022
6:30 - 7:30 p.m. PDT

Hear from a father and son panel on what methods continue to be valuable and effective for their mental health journeys.

Registration closes Monday, May 16.

Registration

Register for FREE by scanning the QR code or visiting keiro.org/speaker-series.



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties.