

Unwrapping the Present

"My approach for this presentation is to talk strategies for navigating the holidays."

—Kay King

Please join Kay King, Older Adults Program Coordinator and Community Educator of NAMI Minnesota, to explore the knowledge that you cannot change the past nor return to it; and you cannot predict the future.

However, you can use the lifetime of wisdom you have earned, plus friends, family and community resources to help you meet the challenges of everyday life right now.

Feelings of sadness, anxiety, irritability and loneliness are common during the holidays but not inevitable. We will discuss some strategies as we enter the holiday season.

Free and open to everyone.
Registration is required.

Wednesday, November 14

1:30 to 3:00 PM

Southdale Library

Second Floor, Ethel Berry Room

7001 York Avenue S.

Edina MN 55435



Kay King is Older Adults Program Coordinator and Community Educator at NAMI Minnesota (the National Alliance on Mental Illness of Minnesota) and has worked for NAMI nine years. Kay teaches about 4,000 professionals, family members and people managing a mental illness per year in classes ranging from one to eight hours. King is a family member whose grandmother, mother, sister and niece (four generations) lived/lives with a mental illness.

For more information:

Mary Quirk,

info@vital-aging-network.org

[Register now](#)