

# What Older Adults Need to Know to Stay Well

## Free Online Sessions

About Cannabis

Nov 23  
1-2pm



About Alcohol

Nov 16  
1-2pm



Each Session includes:

- Expert speaker
- Lived Experience speaker
- Resources
- Q+A

info & registration at  
<https://event.webinarjam.com/channel/olderadults>

### Hosted By:

