



## **Are You Feeling Stressed? Anxious? Worried?**

The holidays are looming, winter is around the corner, the pandemic hasn't gone away and its effects are ongoing. It seems there is more uncertainty than ever. There are ways to deal with all of it.

Join the COA on **December 2<sup>nd</sup> at 4:00 pm via Zoom for SPECIAL FREE LECTURE by Roger Landry, MD “Resilience and Successful Aging during the COVID Pandemic and Beyond”**. You will learn strategies for cultivating resilience, key tips for successful and healthy aging, and connect with others with similar interests. This information will help you remain healthy and connected during these uncertain times.

Dr. Roger Landry, a preventative medicine physician, is the author of the award-winning book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* and President of *Masterpiece Living*. He has focused his efforts on older adults as a lecturer, researcher, consultant and author.

Please RSVP to [coadirector@sherbornma.org](mailto:coadirector@sherbornma.org) to obtain the ZOOM link. Dr. Landry will also be available for questions following his presentation. To learn more about Dr. Landry, [click here](#)

### **Wait there's more...**

**Grant-funded course COMING to Sherborn COA in January**  
**A Virtual Healthier YOU: “Cultivating Resilience and Wellness”**  
Join a 6-week course to delve deeper in your health and wellbeing and apply the tools and strategies discussed by Dr. Landry.

All program materials (book, course binder, resistance band) will be provided. Sessions are 90 minutes and will be held on Zoom. Sessions will include discussion and physical exercise or meditation. In addition, a weekly exercise class. For more information, [click here](#).

This program is FREE and is funded in part from the Older Americans Act as granted by Bay Path Services, Inc. A provision of the act is to allow for the opportunity to make a voluntary donation to support some of the program expenses. If you would like to make a voluntary donation, please mail a check to Town of Sherborn, Council on Aging, Sherborn Town Hall, 19 Washington Street, Sherborn, MA 01770.