

# Your Wellbeing: Social and Emotional Strategies by Older Persons Advocacy Network (OPAN)

**WHEN** Tuesday, October 12th 2021  
11:30 AM - 12:30 PM

**WHERE** Online

**COST** Free

Join us for this new webinar series exploring wellbeing during the COVID-19 pandemic.

In webinar 3 Your Wellbeing: Social and Emotional Strategies we will cover:

Impact of COVID-19 on social and emotional well-being.

Staying connected with others.

Creativity ideas.

Mental health and social supports available.



Scan for [more information](#)  
and [registration details](#)