



To Be Healthy As A Whole,
Mental Wellness Plays A Role!

May is Mental Health Awareness Month!

Throughout the month of May, the City of Lakewood's Division of Aging will focus on raising awareness and offer activities that enhance the overall mental wellness of older adults in our community. These activities will be focused on engaging our residents in exploring ways to increase their mental, physical and emotional wellness through education, volunteering, art, music, nutrition, exercise, & much more. Join us! Questions? Contact: Katie Kurtz at (216) 529-5011

Crafting With Carrol

Make your own Derby Day hat • Tuesday, May 3rd @10am

Cinco De Mayo Celebration!

Homemade salsa demo with Danielle • Thursday, May 5th @1pm

Derby Day!

Take a walk around Lakewood Park & sip on mocktail Mint Juleps • Friday, May 6th @ 12:30pm

Stretching a Chicken

The Nature's Bin Chef shows us the many uses of a rotisserie chicken • Tuesday, May 10th @10am

Capture Your Creativity

Yvette Nosal of North Coast Health will offer an art exploration • Wednesday, May 11th @ 10am

Wealth of Knowledge

Let's talk financial wellness with Mike Floreth of ESOP • Thursday, May 12th @ 11am

Self Care Sampler

Join Danielle for an afternoon of DIY lotion & deodorant • Thursday May 12th @ 1pm

Use it or Lose it!

Brain health & memory discussion with the Cleveland Clinic Brain Health Institute • Friday, May 13th @ 11am

Keep Calm & Stay Active

Talk about maintaining your vitality as you age with Dr. Georganne Vartorella • Tuesday, May 17th @11am

Puppies in the Park!

Let's talk about the Power of Pets at our Senior Day in the Park • Thursday, May 19th @11am

HeART & Soul

Let's explore how art & music can enhance our overall wellbeing • Friday, May 20th 10am-1pm

Mind Your Meds

Rhonda Macuga of North Coast Health talks about medication management • Monday, May 23rd @11am

Movin & Grovin w/ Joanne

Dance infused movement & exercise • Tuesday, May 24th @11am

Mindy-Body Connection

NAMI of Greater Cleveland talks about positive mental health & aging • Tuesday, May 24th at 1pm

What You Get By Giving Back

Kirsten Frei-Herrmann of Greater Cleveland Volunteers talks about the benefits of volunteering • Wednesday, May 25th @ 11am

Essential Oils 101

Learn about the benefits of essential oils with Kara • Thursday, May 26th at 1pm

Check onelakewood.com/findget/programs-for-seniors of the Lakewood Ohio Division of Aging Facebook page for up to date info on activities & events!



MAY IS MENTAL HEALTH AWARENESS MONTH!

According to the World Health Organization, mental health is defined as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

May is Mental Health Awareness Month! The City of Lakewood's Department of Human Services and the Lakewood Area Collaborative are dedicated to creating a compassionate community where we create space to hold conversations related to mental health and promote positive mental wellness for all residents.

Join the Division of Aging for wellness focused activities throughout the month of May. Learn about the power of nature, try a guided meditation, join us for a walk around the neighborhood, give your brain a workout with trivia, or have a cup of tea and talk about gratitude.

Never been to the Senior Center? Now is a great time to check it out!



Greater Cleveland

