

OKLAHOMA MENTAL HEALTH AND AGING COALITION

SPEAKERS BUREAU

The Oklahoma Mental Health and Aging Coalition can provide members to speak on the following topics:

Alzheimer's Disease	Hoarding
Bi-Polar Disorder	Legal Issues
Caregiver Mental Health	Mental Health and Aging
Coalitions	Miscellaneous Issues
Confusion/Memory Loss	Physical Health
Dementia	Self Help
Depression	Senior Suicide
Gambling	Stress
Grief and Loss	Substance Abuse/Addictions

In addition, the Coalition offers the following presentations:

- Alzheimer's Update
- Chase the Blues Away – Self Help Strategies to Relive Stress and Depression
- Coping with Caregiver Stress
- The Deadly Triangle –Impact of Older Adult Addictions
- Explaining Mental Illness and How It Impacts Other Senior Health Concerns
- Granny's Garden: The Future Impact of Marijuana on Baby Boom Elders
- Having a Creative Crisis
- Healthy Brain Strategies
- Life is a State of Mind – Improving Your Thinking and Attitude Can Improve Your Health and Quality of Life
- Medical Management
- Myths and Truths About Mental Health and Aging
- Recognizing Geriatric Depression
- Talking With Your Physician About Mental Health Concerns
- You're as Young as Your Spine – Yoga For Successful Aging

**To schedule a presentation contact
Catheryn Koss at 528-0858 or catherynkoss@sbcglobal.net or
Karen Orsi at 942-8500 or korsi@areawideaging.org**