

Friday, August 9, 2019
9:30 am to 11:00 am
At the Senior Center
450 Acoma Blvd. S. Lake Havasu
ALL AGES ARE WELCOME

## Empathy - Putting Yourself in Another's Shoes

with Vilma Urbina

Vilma Urbina has served on the board of the Dementia Connection of Havasu for 9 years, and is now the Co-Chair. Her dream came true on March 15, 2013 when Gems Assisted Living had its grand opening. Through her years of experience in the field, she has learned a lot about caregiving and empathy for her clients. She was awarded Women with Willpower's 2018 Woman of the Year.



Next Month: Suicide Prevention - Depression in the Senior Population with Dr. Nick Beard , LPC

W.E.A.A. Mission
Statement: Raising
awareness of dangers
in our community and
promoting the safety,
security, health and
well-being of our
seniors.





LHC SENIOR CENTER





www.havasucommunityhealth.org 928-453-8190