



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Community Lecture: Adjusting to Life After Retirement

Where: Washington Metropolitan Oasis: Adult Education Center
Oasis at the Macy's Home Store, Large Room
7125 Democracy Boulevard
Bethesda, MD 20817
Class #323

When: Wednesday, March 4, 2020 at 1:00 – 2:30 PM

Who: Dr. Selena Snow, Director of The Snow Psychology Group, will discuss the life transitions that take place following retirement. These include meaning/identity issues, aging, health concerns, caregiver stress, isolation, and changes in family dynamics. You will learn strategies to promote social interaction, methods to enhance quality of life and sense of identity, and tools to cope with aging and health concerns.

Cost: \$15, Paid to Oasis

What is Oasis?

Getting Older, Growing Stronger

A pioneer in healthy aging for more than 35 years, Oasis has helped thousands of older adults across the country satisfy their curiosity, take charge of their health and discover the joy of giving back to their communities. Since 2000, more than 389,000 adults have been impacted by Oasis programs. Oasis programs reach a broad audience in more than 250 communities through nine education centers and a national network of over 700 partners in 22 states.

To Register, Contact Oasis/Suburban Hospital: 301-649-6800, press 1, x211 or [click here to register online](#)