

# Aging & Wellness Group

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## THE SNOW PSYCHOLOGY GROUP, LLC

For older adults coping with adjustment to life transitions. Group members benefit from support and connection with same-aged peers in similar situations.

Themes of the group include:  
Meaning/Identity Issues, Aging, Health Concerns, Caregiver Stress, Isolation, Grief & Loss, and Changes in Family Dynamics.

Virtual Weekly Sessions  
Thursdays, 9:00 - 9:55 am  
Led by Dr. Selena Snow, Licensed Psychologist



**To Register or for More Information:**

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