



NAVIGATING AGING GROUP

Even though aging is a natural process, it can be challenging to navigate.

Join, Psychologist, Sherri Ruggiero, PhD, as we discuss the following changes concerning the aging process:

- Relationships
- Interpersonal roles
- Health
- Values
- How we contribute
- What we enjoy

This is a virtual group scheduled each Wednesday at 1 p.m.

Together we can learn to manage these changes with grace and resilience.

Ask your primary care provider if this group is right for you. Please check to see if these sessions are covered under your insurance policy and if a copay is expected.



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Northern Arizona Healthcare