

You're Invited To...

Keys to Understanding & Ethically Treating

Geriatric Depression & Anxiety



A FREE CEU & Lunch
Co-Sponsored by



Elmore Assisted Living

Where You Love To Call Home



This event is part of our monthly

2018 SENIOR CARE INSIGHTS
CONTINUING EDUCATION SERIES

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Social Workers & Nurses - Earn 1 HOUR FREE CEU Credit!

As senior adults continue the aging process, it's common for some to have feelings of depression and anxiety. Developing an understanding of how to notice signs and ethically treat symptoms early is vital to helping seniors maintain healthy lives from the inside out. In this thought-provoking session, participants will learn:

- Why ethical treatment of depression and anxiety is important
- How Geriatric depression and anxiety is diagnosed accurately
- What treatment options are available for senior patients

Tues., Mar. 20

11:30am – 1:00pm

**Courtyard by Marriott
Mankato**

901 Raintree Rd.
Mankato, MN 56001

**A Delicious Lunch
is Included!**

About the Presenter...



Heather Arechigo, MSN, AGNP-C, Geriatrician, Twin Cities Physicians

Heather Arechigo is a Nurse Practitioner who specializes in Adult-Gerontology. Prior to becoming a Nurse Practitioner, Heather worked in an Intensive Care Unit specializing in adult critical care & neurologic crisis. She holds a Master's of Science degree in Nursing from Kaplan University where she graduated with honors & a Bachelor's degree in Nursing from the College of Saint Catherine in St. Paul, MN. In addition to her professional career, Heather is a Combat Veteran having served in Operation Iraqi Freedom as a member of the US Army from 2001-2009.

Register by Mon., Mar. 19 – Online at: sunflowercommunities.org/CEU

For more info, call us at 507.943.3333 or email us at elmore@sunflowercommunities.org