

UMaine Health Connection Chats

Third Round of Sessions June - July

Wednesdays from 11am – 12Noon

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk residents during COVID-19. Chats are held by Zoom (internet) or by telephone. **No cost to attend.** THOSE JOINING BY PHONE CAN SEND IN QUESTIONS TO OUR SPEAKERS AHEAD OF TIME.

For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925

For questions and suggestions for future topics, contact Len Kaye at len.kaye@maine.edu or 207.262.7922

SCHEDULED SPEAKERS (June 10 - July 1)



June 10th - *Supporting Grandfamilies & Kinship Parents*: Presented by **Adrienne Carmack, M.D.**, Medical Director, Office of Child & Family Services, DHHS and **Travis Bryant**, Executive Director, Adoptive & Foster Families of Maine, Inc.



June 17th - *How to Start & Maintain a Successful Home Garden*: Presented by **Katherine Garland, MS**, Horticulturist, University of Maine Cooperative Extension Penobscot County



June 24th - *Don't Let the Bugs "Bug" you*: Presented by **James Dill, Ph.D.**, Pest Management Specialist, University of Maine, Maine Food & Agriculture Center



July 1st - *Staying Healthy in the Age of COVID-19*: Presented by **Patricia Hamilton, APRN**, Public Health Director, City of Bangor

Each session will include resource experts from the University of Maine Center on Aging and Eastern Area Agency on Aging. Sessions will be recorded and be made available at:

<https://mainecenteronaging.umaine.edu/stayhealthy>

PROGRAM SPONSORS

