



Discover Balance

"Staying Connected: Maintaining & Building Relationships"

Wednesday, September 21, 10:30am-12:00pm
DWN HUB

Discovering What's Next® invites you to the Discover Balance Meeting-Up, *Staying Connected: Maintaining & Building Relationships*, Wednesday, September 21, 10:30am - 12:00pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Room #104, Newton, led by Paula Koppel, MS, RN, GNP.

This program will explore the importance of social connections to our physical and emotional wellbeing. Losing touch with old friends, work associates and others for a variety of reasons at mid-life often leads to a deficit in our support system and necessitate exploring new avenues to make meaningful connections and restore the balance essential for wellness. Learn about why social connections are so vital, why they often diminish at mid-life and most importantly how to build new relationships and revitalize long standing connections to support your growth, well-being and balance at this stage of life.

Paula Koppel is a registered nurse and geriatric nurse practitioner for over 25 years with an advanced certificate in counseling and psychology. Paula was Director of Geriatrics at Winchester Hospital for many years. In 1999, she established her own consulting company and is known for developing innovative approaches to healthcare for middle-aged and older adults. Her newest program, *Age Well Be Well*, provides holistic coaching, educational programs and services that promote wellness, longevity and enhanced quality of life.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.