

FREE WEBINAR

Impact of Ageism on Physical and Mental Health

+ What You Can Do To Change It

Dr. Regina Koepf explores the profound impact of ageism on the physical and mental health of older adults, debunking harmful myths that aging limits growth or healing and emphasizing the importance of belonging as a key to resilience, longevity, and emotional well-being. Attendees will learn how ageism intersects with other forms of discrimination, exacerbating health disparities among marginalized older adults. Through evidence-based insights and practical tools, the session offers pathways to foster inclusive environments that support healing, dignity, and transformation—at every age.



November 6
1-2pm CST

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