

OHIO LIVING BRECKENRIDGE VILLAGE

Aging Well Series 2024

You're cordially invited to the 2024 Aging Well Speakers Series!

Join us in the Smith Performing Arts Center within the Osborne Community Plaza to enjoy practical, educational presentations followed by a short social gathering with the presenter. Open to our residents and the local community. Speakers will include community health experts on topics such as:

- The Aging Eye
- Active Listening
- Using Art to Aid in Anxiety
- Stroke Support Awareness
- Sensory Overload

Space is limited, and reservations are required.

**RSVP Residents call 440.953.1375
TODAY! Non-residents call 440.954.8359**

THIS YEAR'S PROGRAM

March 18
Active Listening
by Nancy Pettigrew

May 20
Using Art to Aid in Management of Anxiety, Depression and Loss
by Joan Selle Zeller, PhD,
DSW, LCSW, ATR

July 29
Stroke Support and Awareness
by Alecia Crognale, RN

All talks begin at 2 p.m.



Ohio Living
Breckenridge Village

36851 Ridge Road
Willoughby, OH 44094
ohioliving.org



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Presenter Bios

MARCH 18

Active Listening by Nancy Pettigrew

Nancy is Founder/Owner of The Healthy Workplace. She has consulted with Ohio Living Leadership for many years. Building listening skills that “go beyond the active listening formula into building ongoing effective communication and emotional intelligence as the foundation for navigating successfully through every aspect of our personal lives. Connecting the head and heart is the path to value-based living that gives meaning and purpose to our work and to our relationships.”

MAY 20

Using Art to Aid in Management of Anxiety, Depression, and Loss by Joan Selle Zeller, PhD, DSW, LCSW, ATR

Joan has completed her degrees in Art Therapy, Social Work, and Dialectical Behavioral Therapy from The Ohio State University and The University of Southern California. For over 30 years, Joan has engaged in work fostering Therapy model and believes in connecting with the family system to coordinate the care and support of her clients.

JULY 29

Stroke Support and Awareness

by Alecia Crognale, RN

Alecia runs the Stroke Survivor Support Group through The American Heart Association. She focuses on empowering stroke survivors, their families, caregivers, and medical professionals who care for stroke patients. The Stroke Support Group stresses prevention, treatment, rehabilitation, friendships and support. Alecia was instrumental in University Hospitals Lake West achieving the gold award for stroke care from The American Heart Association — the highest award for stroke care.



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