This final workshop reviews the important "take home" messages about the concepts and skills for communicating effectively that were presented in the previous workshops.

In addition, we will spend time understanding the importance of planning, goal-setting, and effective responses to unexpected adverse events to afford us more control of our lives and maximize our ability to communicate effectively.

The workshop will be led by Elaine S. Gould, MSW, founder and principal of Aging Awareness Initiatives.

*Light lunch will be served from 11:30-12:30. Metrocard provided.