

# How Much Is Too Much?

Join us for a webinar series about balance and healthier habits



## **April 3, 12PM - A Conversation about Clutter** **Lee Shuer**

Join a peer specialist and internationally recognized figure on hoarding disorder for a conversation on clutter, letting go, and self-help strategies for making space in your home.

[Register here.](#)



## **April 24, 12PM - A Conversation about Loneliness** **Sandra Harris**

Social contact has many health benefits, yet many of us are isolated. What is the difference between being alone and being lonely? What can we learn about connections? Sandra Harris is President of AARP MA and founder of the MA Coalition to End Loneliness and Build Community.

[Register here.](#)



## **May 1, 12PM - A Conversation about Alcohol** **William Stauffer, LSW, CCS, CADC**

Join a nationally recognized trainer, writer and social worker in a talk about the unique challenges we face when it comes to alcohol use as we age. We'll discuss the importance of learning how to talk about alcohol and the fallacies around problematic use in older adult communities.

[Register here.](#)



## **May 22, 12PM - A Conversation about Nutrition** **Dr. Sheri Cheung, MD**

Foodie and obesity specialist Dr. Sheri Cheung will talk about aging, the science of nutrition and tips for enjoying food while maintaining a healthy diet.

[Register here.](#)

