

March 18

12:30 pm - Spring into Wellness: Healthy Mind and Body

Jamie Wells is a licensed Social Worker and is the Director of Social Services for Marietta Memorial's Senior Psychiatric Services and also runs the Intensive Outpatient Program at Selby General Hospital. She will be discussing ways in which we can keep our mind and body healthy as we age. Taking care of your mind and body provides a holistic approach to being healthy. She will be focusing on biological, psychological, and social aspects of daily life that can be enhanced to provide for a healthier lifestyle.

