

 

**My Health Matters Meeting**

**Every Monday Night 6:30 – 7:30est PM Via Zoom:**

### <https://uoflhealth.zoom.us/j/93349310683>

**A weekly support and educational meeting to learn more about good health with fun and open communication.**

**Sept. 5**  **No Meeting**

**Sept. 12, 2022 - Suicide Prevention: Melissa Hopkins, BHDID Frankfort**

**Sept. 19, 2022 - The Role of Aging Adults to the Younger Generation: Bisola Asola and Andrew Shirota**

**Sept. 26, 2022 - Healthy Aging: Open Discussion**

**Please consider joining us and know that you do not have to live in the Louisville area to join us. If you wish to speak at one of our meetings:**

**Contact Mona Huff at** **rjhuff01@louisville.edu** **502-706-0098**