UMaine Health Connection Chats
Fifth Round of Sessions - August
Wednesdays from 11am – 12 Noon

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) or by telephone. No cost to attend. THOSE JOINING BY PHONE CAN SEND IN QUESTIONS TO OUR SPEAKERS AHEAD OF TIME.

For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925
If you have suggestions for future topics and speakers, contact Len Kaye at len.kaye@maine.edu or 207-262-7922

SCHEDULED SPEAKERS (August 5 – August 26)

August 5th – *The Importance of Sleep in Maintaining Health*: Presented by Angelica Boeve, M.A., Doctoral Candidate in Clinical Psychology, Department of Psychology, University of Maine


August 26th – *Using In-patient and Out-patient Services During a Pandemic*: Presented by Jessica Taylor, R.N., BSN, CCCTM, Director, Outpatient Care Management Dept. and Interim Director, Inpatient Care Management Dept. and UR, St. Joseph Healthcare

Each session will include a resource expert from the Eastern Area Agency on Aging and a facilitator from the UMaine Center on Aging. Sessions will be recorded and be made available at: [https://mainecenteronaging.umaine.edu/stayhealthy](https://mainecenteronaging.umaine.edu/stayhealthy)

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