



November

Maintaining a Positive Attitude While We Age

Aging is inevitable, but our attitude is a choice. Choosing a positive mindset and daily habits can greatly enhance emotional, mental, and physical well-being.

DATE: 11.18.25

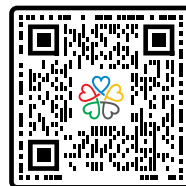
TIME: 11:30 AM

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart, IN 46516

Space is limited, reserve your spot today by calling (574) 284-7189 to register.

Register for lunch by 12 PM: 11.14.25



ELKHART

Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act.



Gayla Konanz

Care Specialist

Gayla Konanz is a Care Specialist for Alzheimer's and Dementia Services of Northern Indiana. She is a Licensed Clinical Social Worker with an expansive history in healthcare.