



Ageing Wisely Online

ARE YOU Over 65 years old?

HAVE YOU Lost interest in things you used to enjoy?

DO YOU Frequently feel anxious, worried, concerned, flat or down?

ARE YOU Worried about health, family or finances?

The Emotional Health Clinic is offering a free therapist-supported online program to learn how to manage symptoms of anxiety, worry and low mood.

FIND OUT MORE

Please email AgeingWisely@mq.edu.au or call on (02) 9850 8715.

HERE ARE SOME OF THE BENEFITS OF BEING INVOLVED IN THIS RESEARCH:

- Free access to the Ageing Wisely Online program
- You will be reimbursed \$100 for your time.