

# Senior Seminar

Join us to learn how a positive attitude can affect our mental health in our senior years.

**Thursday, May 2, 1:00pm**  
**Parish Hall**

Refreshments will be served

**Speaker:**

**Rose Adamo, LPC, NCC, MS**  
**Clinical Mental Health and**  
**Pastoral Counselor**

Sponsored by the Nurse Ministry  
of St. Elizabeth Anne Seton  
Father Cosme encourages  
all seniors to please attend

