



McDowell Senior Center in Partnership with Vaya Health's Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities provided through the N.C. Division of Health Service Regulation (DHSR).

All trainings will be held at the McDowell County Senior Center, 100 Spaulding Road, Marion, the 2nd Wednesday of each month from 9:30am-11:30-am

**February 13**

**9:30-10:30 –PTSD-Invisible Scars**

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**10:30-11:30 - Commonly Misused Medications-  
Understanding Medication Effects on the Aging Brain**

Access to services: 1-800-849-6127.