



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

**January 9th, 2019**

**9:30-10:30 -I'm Covered Up: What You Need to Know about Hoarding**

**10:30-11:30 - OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way**

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