

YOU'RE INVITED TO GUADALUPE REGIONAL MEDICAL CENTER'S

# DOC+TALK

A longer life is something we all want, however it can come with challenges such as declining health and emotional unease, but don't get weighed down! Join Psychiatrist Rebecca Castro, MD and GRMC Director of Behavioral Healthcare Chris Mata, LCSW, as they talk about ways to thrive during the Golden Years!

## DATE & TIME

Thursday, January 17<sup>th</sup> • 1:30pm - 2:30pm

## LOCATION

Seguin Public Library

## TOPIC

Thriving in the "Golden Years"



**REBECCA CASTRO, MD**  
Psychiatry

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The Golden Years are supposed to be about living the good life! Winning at retirement isn't just about how much money you have saved in the bank; it's also about preparing for the social and emotional issues that can arise.

Topics to be covered include:

- Signs and symptoms of emotional distress
- Causes of these emotions
- Tips on how to cope with your emotions

