

**Free Community Educational Series 2023**

**With Refreshments**

* September 19, 2023, 4:30 – 6:00PM

The Watermark at East Hill, 611 East Hill Rd Southbury

***“Rebranding the Wisdom of Experience – You Are More Important Than You Think”***

*Our culture is rife with social anxiety. Pandemic isolation has taken its toll. People are hurting, and they are anxious. The way to communicate has changed. Social media is quick and easy. People are complex and full of history, trauma and emotion. Having the quiet, empathetic skills to understand and slow down an emotion driven event can often change a bad day into a good one.*

Guest Speaker, Lieut. Ray Hassett (ret) will share methods with attendees to help gain ability, and a better understanding of emotional awareness, and how this awareness can be applied to better manage critical, and not critical situations in everyday life.

**Guest Speaker – Lieut. Ray Hassett (ret)**

Ray was District Commander of one of the busiest Policing Districts in New Haven, and a Major Crimes Detective with the New Haven Department of Police Service. Ray is an FBI trained Hostage Negotiator, Crisis Intervention Specialist, US State Department Contractor, Instructor: The Art of Hostage Negotiation, Instructor: Behavioral Observation Skills. Also a professional Actor, Ray has appeared in Stage, Screen, and Television in London, New York, and LA. His Screen Credits include: “Superman the Movie; The Empire Strikes Back; and Body Double.

Registration to begin at 4:30, Session begins at 5:00PM



**Free Community Educational Series 2023**

**With Refreshments**

* December 13, 2023– 4:30 – 6:00PM

The Watermark at East Hill, 611 East Hill Rd Southbury

***“Optimizing Nutrition and Relaxation Methods to Manage Holiday Stress”***

**presented by Nikki Hassett and Debi Coniglio**

*The holidays are an exciting, busy time for many, yet can also be stressful and quite a challenging time to maintain good health.  Food and family gatherings evoke positive emotion for some but can also evoke negative feelings and stress for others, resulting in less sleep, exercise, and overindulging in wholesome food and cheer.*

**Guest Speakers/Presenters:**

**Nikki Satin, Executive Chef and Owner of Chefs for Seniors, New Haven County**

**Debi Coniglio, Exercise Physiologist and Senior Advocate**

Nikki Satin and Debi Coniglio will present a culinary and wellness program demonstrating ideas for delicious and healthy holiday foods and relaxation techniques that can be easily replicated at home.  Along with these useful tips, expect some nutritional trivia questions with prizes and some tasty holiday treat samples!

Registration to begin at 4:30, Session begins at 5:00PM

The Southbury Senior Alliance Speaker series will be hosted by The Watermark at East Hill. 611 East Hill Road, Southbury

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For more information, contact Southbury Senior Alliance,

PO Box 129, Southbury, CT 06488

[Southburysenioralliance@gmail.com](mailto:Southburysenioralliance@gmail.com)