

Additional programs in this series are currently being scheduled.

Take care of your self



A series of community conversations and training that promote good mental health
Presented by the Avon Library & Avon Senior Center

Find your oasis in the overwhelm: 60-second Sanity Strategies with Millie Grenough



Looking for calm in the chaos? Don't have time to get yourself on track? These 60-second strategies will help you take control, be healthier and happier, at work and at home.

Thursday, March 21, 2019, 6:30-8:00 pm

Avon Library Community Room, 281 Country Club Rd., Avon, CT 06001

Millie Grenough inspires people to do what they thought was impossible. She teaches non-singers to sing, shy speakers to present confidently in public, Type A personalities to work smarter, and frazzled people to focus. An ex-nun turned nightclub singer, ex-shy Kentuckian turned international speaker, Millie walks her talk. After a near-death accident impacted her high-velocity lifestyle, she developed strategies to help herself live a saner, more balanced life and wrote OASIS in the Overwhelm™ that has helped thousands. Coach, Author of ten books, Motivational Speaker, and Clinical Instructor in Psychiatry at Yale University School of Medicine, Millie coaches people in all walks of life from CEOs to harried parents and imparts her strategies in workshops, lectures and individual sessions internationally. Millie's books and materials will be for sale at this event.

This series will include programs on:

- Mental Health 101
- Depression
- Memory Loss,
(including a virtual reality Dementia Tour)
- Hoarding
- Positive Body Image
- Grief
- Substance Abuse
- Sexuality
- PTSD
- Legal aspects of Conservatorship
(both Person and Estate)

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