



LIVINGSTON
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

SENIORS BULLYING SENIORS What is Senior Bullying?

SPONSORED BY ARBOR TERRACE ROSELAND



ARBOR TERRACE

Thursday
January 20, 2022
2 pm
(Ages 62+)

FREE Virtual Program
Pre-registration required

**ZOOM LINK WILL BE EMAILED
AFTER REGISTRATION**

When we hear the word bully, we immediately think of children and adolescents, but it is a very real problem in the older adult population. 1 in 4 adults admit to being bullied as an adult. According to the Centers for Disease Control and Prevention, the short- and long-term physical, emotional and social health of individuals who are bullied is negatively impacted. Individuals may experience stress, fear, anxiety, and depression.

While most of the research on bullying is conducted with school-aged youth, bullying remains a big problem among older adults, particularly in senior living communities. **Join us to discuss this important topic.**



Presented by:

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that

can actually turn one into an optimist, literally. A therapist and educator/coach of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

FREE, pre-registration required
online at **Livingstonnj.org/SYLS**

or in person at SYLS office,
204 Hillside Ave.,

M - F, 8:30 am - 4:30 pm.

Please call 973-535-7925, option 8,

or email

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