



## HEALTH & LIFE COACHING SEMINARS

By Maria Nalbanti, Health Psychologist, MSc

DATE & TIME	SUBJECT	DETAILS
Saturday <b>3<sup>rd</sup> November</b> 4:00-6:00pm	<b>Fortnite: a guide for parents</b> Social Media influences on youth today	Many parents worry about how exposure to technology might affect toddlers developmentally and socially. In fact, experts worry that the social media and text messages that have become so integral to school age children and teenage life are promoting anxiety and lowering self-esteem. Being educated and talking about online experiences can help reduce any negative impacts on youth mental health and well-being. In this lecture we will find the ways to support our children with their web experiences and we will also take a look at how social media has changed the way we parent.
Saturday <b>10<sup>th</sup> November</b> 4:00-6:00pm	<b>Happy Marriage, Happy Life:</b> How a healthy relationship affects mental health and well-being	Healthy relationships are a vital component of overall health. Research has shown positive correlation between marital status and psychological well-being. Happily married adults report fewer depressive symptoms than all other marital groups. Many studies indicate that happy marriage makes people far less likely to suffer psychological illness; a happy marriage makes people healthier and happier. In this seminar we will explore the correlation between happy marriage and well-being and indicate the ways to maintain a healthy relationship, so that both men and women benefit.
Saturday <b>17<sup>th</sup> November</b> 4:00-6:00pm	<b>When Panic attacks:</b> symptoms, treatment and self-help tips	If you, or your loved ones, have ever experienced a sudden surge of overwhelming anxiety and fear then you're familiar with the feeling of having a panic attack. Your heart pounds, you can't breathe, and you may even feel like you're dying or going crazy. Left untreated, panic attacks can lead to panic disorder and other problems. But panic attacks can be cured and the sooner you, or your loved one, seek help, the better. In this seminar we will give you the knowledge on how with the right treatment and self-help, you can reduce or eliminate the symptoms of panic, regain your confidence, and take back control of your life
Saturday <b>24<sup>th</sup> November</b> 4:00-6:00pm	<b>Well-Being Over 60:</b> a practical guide for Healthy Ageing	Older people must be viewed as a valuable asset to society and their contribution recognised and valued. Their skills, knowledge and experience are invaluable resources that can be used for positive change for future generations, whilst providing older people themselves with the immediate means to play a full and active part in society. This will in turn encourage older people's independence and enhance wellbeing. In this seminar we will practically show you the ways to maintain a good physical and mental health for a happy and healthy ageing.

**Entrance tickets: €20 at the door/ €15 pre-booking**

Limited availability. Reservation is necessary. Including Coffee/ Tea break

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