

# BETTER TOGETHER: A WELLNESS GATHERING



**THURSDAY - APRIL 9, 2026  
9:30 AM - 1:30 PM**

**J. Erik Jonsson Central Library, 1515 Young St, Dallas, TX 75201**

**A day of connection, learning, and inspiration!**

- Enjoy mini-sessions on sleep & stress, brain & memory, connection & community, caregiving & self-care, and technology & modern living.
- Join us for lunch while hearing from Dr. Ethlyn Gibson on embracing the second act of life.
- Browse exhibit tables featuring local resources, services, and support to help you thrive.
- Take advantage of an optional guided tour of a genealogical collection - a chance to connect with your roots and uncover your family story.

**Hosted by the Dallas Public Library, the Southern Gerontological Society, and Vivid-Pix.**



SOUTHERN  
GERONTOLOGICAL  
SOCIETY  
Bridging Aging Research & Practice



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**This is a free event but registration is required.**

**Please register at:**

**<https://bit.ly/betterdallas2026>**

