

Video transcript – Older Adult Mental Health Awareness Week message  
Mr. Miguel Rios  
Courtesy of the SEPG



Hello, I am Miguel Rios; I am honored that you have chosen "El Blues de la Tercera Edad" as the soundtrack for this event.

I want to say thank you for all you are doing to help people from my generation, previous generations, and future generations. Let's maintain the thought that until the very last breath, everything is life, and it's a constructive life that we need to build upon each and every day.

Mental and physical health are very important, and we need to remind ourselves of this. It's true, as we get old, we have our aches and pains, but look back at when we had the trials of adolescence, and we survived those, so we'll get through this too!

I wish you health, good luck, and all the best!