

Aging with Gusto

Igniting more positive views of aging

Our attitudes about aging have an impact on our quality of life, health and even longevity.

Negative self-perceptions contribute to poor health outcomes, poor memory performance and shorter life spans--on average 7-1/2 years shorter.

Let's change the negative narrative about aging, for ourselves and for all of us.

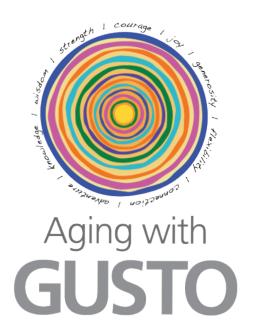
Join us for a three-session series to:

- ◆ Examine your views on aging and listen to the views of others.
- Understand the influences on your views, including the impact of widespread biases and misconceptions about people as they age.
- ◆ Learn how to integrate a new, more positive narrative about aging into your life.

Three Thursdays, March 7, 14 and 21 10:00 AM to Noon

The Kenwood Senior Living 825 Summit Avenue, Minneapolis, MN 55403

Open to the public. Registration is required. There is a \$12 registration fee, payable at the door.



To register online:

Register now

To register by phone:

Call Brandy Rhodes
Director of Activities
The Kenwood Senior Living
612-294-1691

Aging with Gusto is a program of the Vital Aging Network

http://vital-aging-network.org info@vital-aging-network.org