



Vital Aging Network

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.*



Aging with
GUSTO

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>
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