

# What stereotypes lurk in your unconscious mind?

How we think about aging has an impact on quality of life, health and even longevity. Biases, misconceptions and stereotypes about older adults often operate below conscious awareness. But whether we are aware of our prejudices or not, they hurt us all.

Professionals who work with older adults and their families have a significant impact on people's views about aging. Have you deeply examined your own views?

This Aging with Gusto CEU workshop offered by the Vital Aging Network is designed for social workers, health professionals, housing staff and others. [More about Aging with Gusto.](#)

## Learning Outcomes for the Workshop

Participants will:

- **Surface your personal beliefs and feelings about aging** and examine what has influenced your views.
- **Learn about the detrimental effects of ageism** and ways to change misconceptions, biases and prejudices about aging.
- **Develop strategies for incorporating positive perceptions of aging** into your professional work and create a personal action plan for doing so.

The Vital Aging Network is a CE Provider authorized by the Minnesota Board on Social Work. Certificates of completion for 6 CEUs will be provided.

*This workshop is co-sponsored by:*



Questions?  
Contact:  
[jroles@vital-aging-network.org](mailto:jroles@vital-aging-network.org)  
or 651-895-3341



## Aging with GUSTO

**Thursday, October 5, 2017**

**9:00 AM to 4:00 PM**

**Senior Community Services**

10201 Wayzata Blvd.,

Suite 335

Minnetonka, MN 55305

Fees include lunch

**\$89**

Early registration through Sept 15

**\$109**

after Sept 15

**Register now**

[vital-aging-network.org](http://vital-aging-network.org)



The nonprofit Vital Aging Network has been promoting self-determination, civic engagement and personal growth for people as they age for more than 16 years. Learn more at [vital-aging-network.org](http://vital-aging-network.org).