

What stereotypes lurk in your unconscious mind?

How we think about aging has an impact on quality of life, health and even longevity. One study indicates that people with positive self-perceptions as they age live seven and a half years longer on average (Levy et al., 2002).

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 health professionals, social workers, educators and others. [More about Aging with Gusto.](#)

Learning Outcomes for the Workshop

Participants will:

- **Surface their personal beliefs and feelings about aging** and examine what has influenced their 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 provided.



Aging with **GUSTO**

Friday, May 11, 2018

9:00 AM to 4:00 PM

**Wilder Community
Center for Aging**

650 Marshall Ave, St Paul, MN

\$89

Early registration through
April 15, 2018

\$109

after April 15

Registration closes May 4

Includes lunch!

Register now

For information, contact: jroles@vital-aging-network.org | 651-895-3341



Vital Aging Network

The nonprofit Vital Aging Network has been promoting self-determination, civic engagement and personal growth for people as they age for more than 15 years. Learn more at vital-aging-network.org.