



Vital Aging Network

Aging with **GUSTO**

Community discussions on aging

Whether we're 6, 66 or 106, aging is happening to all of us . . . if we're lucky. That's not going to change. But what can change is how we view aging and how we treat one another and ourselves as we age.

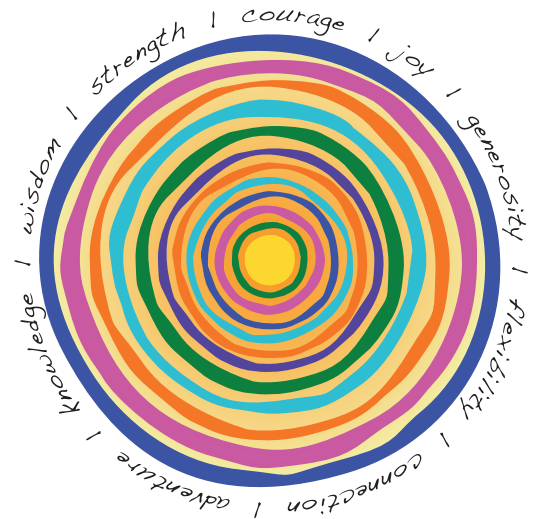
According to Yale University researchers, negative stereotypes of aging become negative self-perceptions later in life. Often these perceptions operate below awareness, yet have a dramatic impact on quality of life, health and even longevity.

Join us for this engaging day of introspection, discussion and connection led by the **Vital Aging Network** and sponsored by **East Side Neighborhood Services**.

Thursday, March 23, 2017
10:00 AM to 2:30 PM
East Side Neighborhood Services
1700 Second St NE, Minneapolis 55413

Open to everyone!

Sponsored by:



**Registration required
by March 16**

To register online visit
vital-aging-network.org
or click:

Register now

or eva@esns.org

612-787-4045

Lunch!

East Side Neighborhood Services will
provide complimentary lunch for this session.