



Vital Aging Network

# Aging with **GUSTO**

## Igniting more positive views of 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.**

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 the **Northfield Senior Center**.

**Saturday, October 14, 2017**

**12:30 to 5:00 PM**

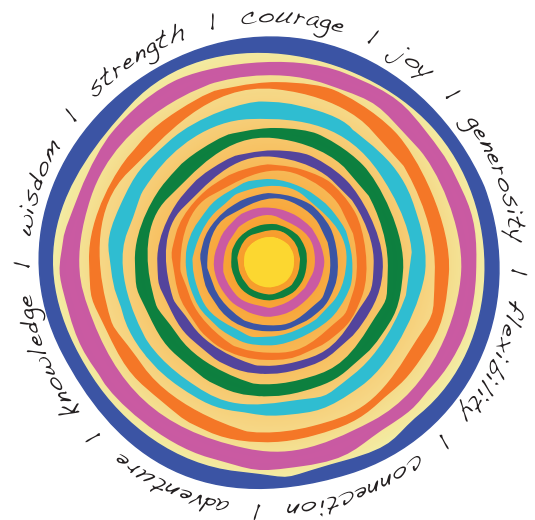
**Northfield Senior Center**

1651 Jefferson Pkwy, Northfield, MN 55057

*Sponsored by:*



Northfield  
Hospital  
and Clinics



**Registration  
required  
by October 9**

To register online visit  
[vital-aging-network.org](http://vital-aging-network.org)  
or click:

**Register now**

or contact Chris Ellison at  
[chrisellison@nscmn.org](mailto:chrisellison@nscmn.org)

**507-664-3700**

**Open to everyone!  
No cost to participate.**