



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 afternoon of introspection, discussion and connection led by the **Vital Aging Network** and sponsored by Boutwell's Landing.

**Saturday, October 28, 2017**

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

**Boutwells Landing**

5600 Norwich Pkwy

Oak Park Heights, MN 55082

*Sponsored by:*



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

or click:

**Register now**

or contact Gina Porter at  
[gporter@preshomes.org](mailto:gporter@preshomes.org)

**651-275-5015**

Open to everyone!  
No cost to participate.