

# Aging with **GUSTO**

## Examining our views 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 we can change 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 they have a dramatic impact on quality of life, health and even longevity.

Join us for this **series of three** engaging discussions led by the Vital Aging Network.

**Three Thursdays, June 8, 15 and 22**

**1:00 to 3:00 PM**

**AARP Information Center**

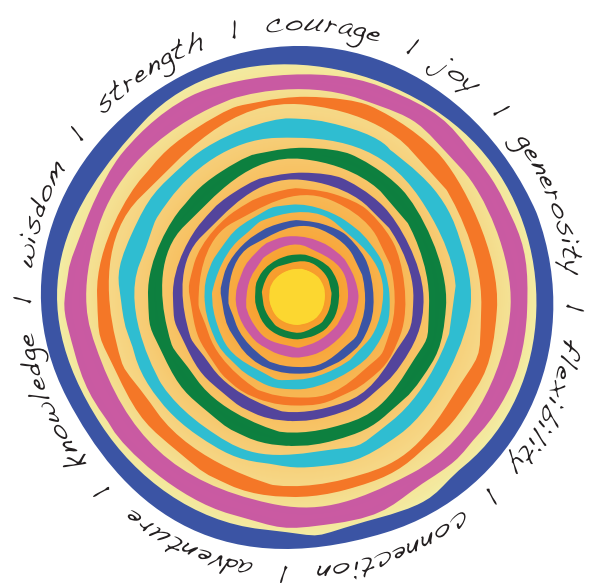
**Mall of America**

228 West Market, Bloomington, MN 55425

Park in West Parking Ramp (Hawaii-Yellow-Pineapple)

[More about finding the center](#)

**Free and open to the public**



### Questions?

Contact Patti Foster

[pfoster@aarp.org](mailto:pfoster@aarp.org)

651-726-5653

**Register**

Register at

[vital-aging-network.org](http://vital-aging-network.org) or  
call AARP at **1-877-926-8300**



Vital Aging Network

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