

Aging with **GUSTO**

Igniting more positive views of aging

Let's talk about aging in a positive way!

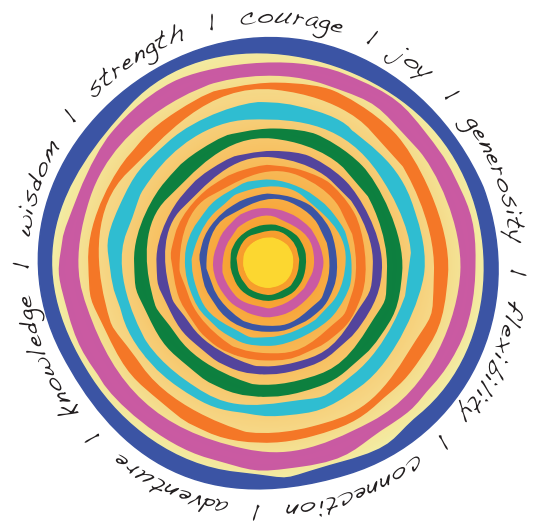
How we think about aging and how we treat each other as we age has a major impact on our health and well-being. Research suggests that positive self-perceptions as we age can add as much as seven and a half years to our lives.

Join us for this **series of three sessions** to talk about our unique experiences of aging. Together, we'll develop a deeper, more nuanced understanding of what it means to grow older in our youth-orientated society.

Three Wednesdays
January 17, 24 and 31
1:00 to 3:00 PM

DPC Community Center 50+
8400 E. Pt. Douglas Rd. S.
Cottage Grove, MN 55016

Free and open to everyone.



Pre-register at
651-425-6650

or register online at:

Register

vital-aging-network.org



Vital Aging Network

Aging with Gusto is a program of the [Vital Aging Network](http://vital-aging-network.org)

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