

# Aging with **GUSTO**

Igniting more positive views of aging

Our attitudes about aging have an impact on our quality of life, health and even longevity

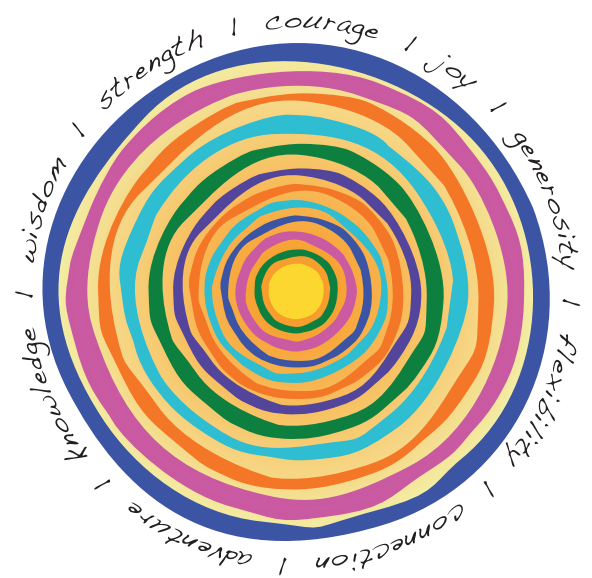
Join us for this **series of three sessions** to:

- **Examine your views** on aging and listen to the views of others
- **Understand the influences** on your views, including the impact of widespread biases and misconceptions about people as they age
- **Learn how to integrate a new, more positive narrative** about aging into your life

**Three Fridays**  
**February 16, 23 and March 2**  
**11:00 AM to 1:00 PM**

**Episcopal Homes - Cornelia House**  
1840 University Ave  
St. Paul, MN 55104

Free and open to everyone.  
**RSVP required by February 12**



**RSVP at**

**651-288-4671**

Andrea Erickson at  
[aerickson@episcopalhomes.org](mailto:aerickson@episcopalhomes.org)

or register online at:

**RSVP**

[vital-aging-network.org](http://vital-aging-network.org)



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